

JobFair

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261 [IAmA](#) **I am A Navy SEAL** (self.JobFair) submitted 1 year ago * by [nowyourdoingit](#) [SEAL](#) x2

Former, technically. I got out fairly recently though, so if you're like me before I went in, and you want to know about the actual job, and not how many kills I have in Afghanistan (O) then ask away. Bear in mind, NAVSPECWAR is a big place with plenty of niche jobs, so I can't accurately comment on everything, but I probably will anyway.

| Looks like it's slowing down, but I'll check in daily. Feel free to send your questions. As far as I'm [concerned](#)...

Edit: [This...](#) You better know [this](#) if you're planning on going in.

Edit: Thanks for the gold. Easily the second best piece of [gold recognition](#) I've ever received.

Edit: For another take on the job check out [this](#) and [this](#) thread.

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[\[-\]](#) [sboazdishon](#) 65 points 1 year ago

How do you become a navy seal?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 179 points 1 year ago

1. Find a Navy recruiting office.
2. Tell them you want to be a SEAL
3. Buckle up.

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[\[-\]](#) [thatissomeBS](#) 136 points 1 year ago

Step 1: Be fit.

search

this post was submitted on 01 Aug 2014

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- Include some basic info in the OP
- Answer as many questions as possible
- You can get verified flair through the mods
- Replies to non-AMA posts should answer the question

By posting at [/r/JobFair](#) you agree

Step 2: Don't be unfit.

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[\[-\]](#) [\[deleted\]](#) 54 points 1 year ago

If you mean physically, yes to a degree it's more about the mental than physical. How much you can mentally handle vs physically handle plays a huge role. I went through the PJ AF pipeline did not make it through, mind wasn't in it. I am fairly fit...Mind, it's all about the mind. Wouldn't recommend trying it out if you have a fear of drowning (applies to PJ, SEAL and rescue swimmer).

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[\[-\]](#) [dannyr_wwe](#) 51 points 1 year ago

I'm not afraid of anything.

| [fear of drowning](#)

Make that... I'm afraid of one thing.

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[\[-\]](#) [sraperez](#) 3 points 1 year ago

Yeah, a 50 yard underwater swim can get the best of you if you're not prepared. Oh, and drown proofing...good times.

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[\[-\]](#) [much_good](#) 2 points 1 year ago

That's a shame. The basic underwater demolition training (BUD/s) has an awful lot of drown proofing and stuff like that.

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[\[-\]](#) [UKChemical](#) 3 points 1 year ago

I have a fear of swimming in open water (oceans, seas, large lakes) because I'm not that strong a swimmer... but have never feared death by drowning. I know I'm going to go eventually, and honestly drowning seems one of the better of a bad bunch.

Don't get me wrong though, If I died from drowning I'd rather it be due to being in a submersible when shit went down, or for some reason diving quite far (and again, shit going down, you know, something at least kinda badass) as opposed to struggling to just keep my face above the surface when its getting a little choppy.

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[\[-\]](#) [Candlematt](#) 36 points 1 year ago

Drowning would be one of the worst ways to go.

Source: I've drowned before. Had to get shock paddled back to life.

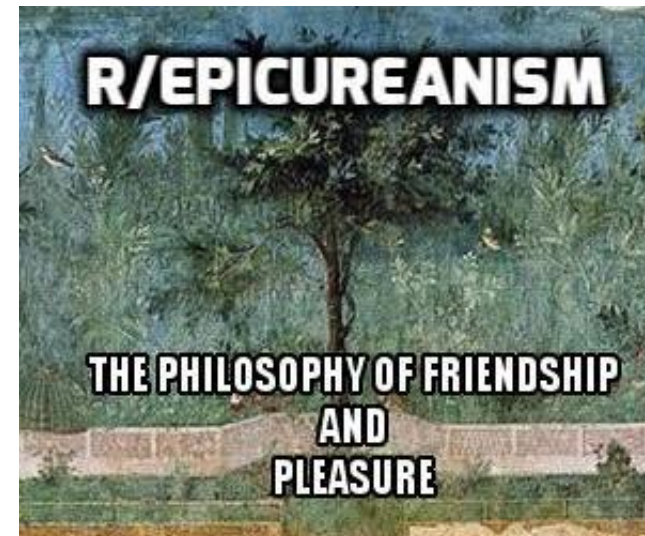
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[\[-\]](#) [my_feedback](#) 12 points 1 year ago

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That's weird. I had the same thing happen to me, but I just felt calm and accepted that I was dying. Next thing I know I was in a hospital bed. It was one of the most intense experiences of my life though.

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[–] [Candlematt](#) 9 points 1 year ago

It was a very claustrophobic experience for me and I'm not claustrophobic.

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[–] [Nowin](#) 3 points 1 year ago

I can see that. However, in the full spectrum of feasible deaths, drowning is one of the quickest and least painful ways to go. Granted, it's not right behind "in your sleep" as a way to go, but it's closer to that than being flayed alive.

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[–] [tagus](#) 1 point 1 year ago

| "It was agony."

-The Prestige.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 17 points 1 year ago

Drowning in a sub = drowning while suffocating and claustrophobic.

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[–] [TeHokioi](#) 2 points 1 year ago

But at least you can still see the walls. It's weird, I know, but I'd prefer to be in any sort of craft than without one in the open ocean. I'm fine with water, but I'm terrified of being in open water, even if there's a boat nearby.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

It's funny how quickly you can overcome fears like that by just exposing yourself to them. G. Gordon Liddy is famous for inoculating himself from his phobias by confronting them directly.

600' deep in open ocean, or 6" under in a bathtub, drowning works the same way.

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[–] [TeHokioi](#) 2 points 1 year ago

It's not the drowning that I'm afraid of, it's the isolation. On land it's fine, but with nothing visible but water as far as the eye can see...

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[–] [Dantae](#) 1 point 1 year ago

Unless it was a catastrophic failure and the hull was crushed. Compressed and the air ignites burning you instantly before flooding. Not that I lost sleep over that one.

Though you never realize how claustrophobic it is until you spend time in the flood trainer. Water rising in an enclosed space while you try and stop the level from rising. As the water slowly takes the place of the air you need to breath.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

Catastrophic death is pretty much tits.

I have experienced flood up many times and it actually got pretty routine, but as soon as you don't have an air source it starts to get pretty shitty.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 6 points 1 year ago

Also an awesome band name.

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[\[-\]](#) [\[deleted\]](#) 2 points 1 year ago

I nearly drowned a few years ago, and I have to say *fuck that*. There is a very good reason that waterboarding is one of the most horrific and effective forms of torture. It's definitely one of the worst - if not *the* worst - nature-induced ways to die, and I can't think of many that are worse.

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[\[-\]](#) [Iwant2bethe1percent](#) 2 points 1 year ago

drowning is the most terrifying thing in the world.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 24 points 1 year ago

I used to be terrified of drowning. I still really really don't like the idea, but passing out underwater a few times kind of puts you at ease with it.

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[\[-\]](#) [SarcasticOptimist](#) 1 point 1 year ago

Passing out with SCUBA gear I presume? What equipment do you use and what is different from wreck/cave/technical diving?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

Well, sometimes SCUBA gear, but during those times I was passing out because said SCUBA gear was tied in a knot behind my back.

There are some wazoo rigs out there that I won't get into here, but the basic setup is the Drager Lar V.

Some of the unique things that aren't done in the rest of the diving world involve sitting vertically in the water column in dry suits for 15+ hours in 40f water. That presents a whole host of unique challenges. Like surviving.

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[\[-\]](#) [pipsdontsqueak](#) 1 point 1 year ago

That sounds terrifying. I want to become a good enough diver to do that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

If you can breath through your mouth you're a good enough diver to do that.

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[\[-\]](#) [pipsdontsqueak](#) 1 point 1 year ago

I'm shit with a dry suit though. I'm certified and all, but, and I think because I had a loose neck ring, I could never maintain buoyancy. Thanks for the response though, man.

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[\[-\]](#) [LumpenBourgeoise](#) 1 point 1 year ago

When you pass out do you end up with water in your lungs? Can you continue training right away or do you need to "dry out"?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Only something lie 8% of drownings are "wet" drownings, where water is inhaled. It's extremely rare for it to occur in training because the moment you black out, an Instructor is pulling you to the surface, so there is no time for your glottis to relax and allow in water. **IF YOU TRAIN BREATH HOLDING IN A POOL, DO IT WITH PROPER SUPERVISION. MEANING AT MINIMUM A PARTNER CAPABLE AND IMMEDIATELY READY TO PULL YOU TO THE SURFACE** Check out freediving sites for more info on subsurface apnea training and safety.

Usually you come right to and the surface and can go again in a few minutes once your head clears.

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[\[-\]](#) [JuneauWho](#) 1 point 1 year ago

My dad told stories of me how they trained for rescue swimming back in the old days. I'm still scared. He still floats.

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<http://i.imgur.com/BbT3kHt.png>

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[\[-\]](#) [PepsiColaX](#) 1 point 1 year ago

I'm going in for PJ indoc soon. Any tips on how to get through? More so, what should I train for now that will help me in indoc. I feel prepared, but is there anything I should put extra time into, (treading, underwaters, pull ups, buddy breathing, etc.)

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

I would highly recommend getting comfortable with the water exercises. Buddy breathing is usually where most guys lose it. Really anything that requires you to not breath. Usually you have a pretty gnarly cadre making your life hell during buddy breathing. Definitely not a walk in the park.

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[\[-\]](#) [ClassicallyRocking](#) 1 point 1 year ago

How was hell week? What was the worst thing you had to do?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

I liked it. So much I did it again actually. It's kind of all a blur, but I remember how shitty (pun intended) things got when the class caught VGE from Tiajuana runoff. Taking turns pissing out our asses into the Pacific on our last paddle back from the Demo pits is not how I pictured my Hell Week ending.

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[\[-\]](#) [mjr1234](#) 0 points 1 year ago

uh, fact check that one guys. It's not that easy,

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 6 points 1 year ago

That's how you start though. The "Buckle Up" sort of implies the rest.

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[\[-\]](#) [mjr1234](#) 3 points 1 year ago

That makes sense, sorry! I have heard, however, that it is highly unlikely that you'll ever even get a shot at seal camp.

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[\[-\]](#) [johnydick2025](#) 1 point 1 year ago

They give anyone a shot, but not alot pass the rigorous training, iirc.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Pretty much. Standards to go to BUD/S are pretty low. Most highschool athletes can make the cut

with little or no training. Plenty of guys get off the couch one day and start running for the first time in their lives and are SEALs within a year or two.

Standards to complete BUD/S are pretty high. The Cadre will train you to make the standards if you just show up everyday for training.

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[\[-\]](#) [deleted] 1 year ago*

[deleted]

[\[-\]](#) [Manasseh92](#) 31 points 1 year ago

Was there a part of the job they didn't tell you about that after you got in made you think 'this is s**t'. For example SAS have to take a dump in a plastic bag and then take it with them to leave no trace...allegedly.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 96 points 1 year ago

Also, shitting in plastic bags is nbd. Ohh, actually, here's a perfect answer: they never told me I'd be going with my pipehitting friends to Walmart to clear out the adult diaper stock because guys would need to wear them under their drysuits for long dives. Reminds me of a book my buddy was going to write, "Navy SEALs: We wear diapers too"

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[\[-\]](#) [Sixteenarmed](#) 11 points 1 year ago*

I thought you were not allowed to tell anyone you are a navy SEAL?

Edit: I'm wrong, but doesn't this make member of the Navy SEAL vulnerable? I mean, he goes with his pot smoking friends to Walmart and buys diapers. I think they know what he is doing at the Navy.

I know that Member of the German special forces are not allowed to tell anyone where they work but closest family members.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 29 points 1 year ago

False

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[\[-\]](#) [TrimHopp](#) 12 points 1 year ago

No, you just can't talk about the classified stuff

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[\[-\]](#) [Minkzilla](#) 10 points 1 year ago

he just told us.

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[\[-\]](#) [deleted] 17 points 1 year ago

...on a semi-anonymous online forum with no personal information provided. What's a terrorist going to do with that information?

"Guys, Navy SEALs exist, and they have access to the internet sometimes!"

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[–] [Minkzilla](#) 2 points 1 year ago

ehh, hackers can probably find his IP if they are good enough.

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[–] [banana_lumpia](#) 6 points 1 year ago

but then what are they going to do with the IP?

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[–] [never_mind_the_egg](#) 10 points 1 year ago

Torrent the expendables 3 and get him arrested

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[–] [banana_lumpia](#) 2 points 1 year ago

whoah whoah whoah, relax now, I don't think he needs a life sentence.

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[–] [Minkzilla](#) 2 points 1 year ago

find where he is located. Which could tell easily get them his identity by looking in a phone book. or traveling there and stalking him for terroristy purposes.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Thanks for the concerns everybody, but anyone who wanted to ID SEALs for targeting purposes could do it a hell of a lot easier than tracking IP addresses.

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[–] [twicks24](#) 4 points 1 year ago

As a member of the german special forces I can confirm ... you're not allowed to tell anybody.

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[–] [Pointwest418](#) 2 points 1 year ago*

I think it depends what SEAL team you are in too. I don't think current members of SEAL Team 6 (or whatever they changed their name to) are allowed to say. Not all SEAL teams are "equal" if that makes sense, they have different levels of secrecy, theaters, and command chains.

Same goes with other super sensitive outfits like Delta Force (if they are even still active), etc

This is just what I have read from books written by people in those outfits who retired and then wrote books afterwards

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Pipehitting in this sense does not mean what I think you think it means.

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[–] [Sixteenarmed](#) -1 points 1 year ago

Would love to know what you mean with pipehitting, for me its pot head slang for taking hits from the bong.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

"I'ma call a coupla hard, pipe-hittin' niggers, who'll go to work on the homes here with a pair of pliers and a blow torch." - Marsellus Wallace, *Pulp Fiction*

In the Operator community, it's slang for big dudes that will metaphorically and literally hit you with a pipe.

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[–] [Sixteenarmed](#) 1 point 1 year ago

Oh I see, but to be fair, it seems like a pretty unknown slang for people who get shit done.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I frequently have the problem of not being understood by non-TG's.

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[–] [ToxicKrusader](#) 1 point 1 year ago

Pipe hitting is code name for badass motherfuckers.

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[–] [SupermAndrew1](#) 1 point 1 year ago

| long dives

how long is a "long dive?"

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Anything longer than 4 hours. Longest dive I did was 16, I think.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 27 points 1 year ago

Everything to do with PSD (Human resources dept for the big Navy). Actually everything to do with the Big Navy period.

Went in thinking it was all operating and killing bad guys 24/7 and found out it's mostly like any other job in the military at the end of the day, just with much better teammates.

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[+] [deleted] 1 year ago (1 child)

[–] [Johnnyash](#) 16 points 1 year ago

In the British army it's called the one finger wonder. 1sheet of paper. Tear one corner off. Push finger through paper clean arse hole with finger. Wipe shit off finger with paper as you remove it.

The corner? That's for cleaning under your finger nail.

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[–] [Go_Ask_Reddit](#) 19 points 1 year ago

that's... disgusting

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[–] [-This_Too_Shall_Pass](#) 1 point 1 year ago

My dad told me this before... Where did you get it from?

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[–] [Johnnyash](#) 2 points 1 year ago

I'm ex British army

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[–] [paki_dave](#) 1 point 1 year ago

| nbd

Eh, why not just shit in a stream or lake? or into a hole?

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[–] [TheGG05](#) 1 point 1 year ago

Yeah, that's not even the worst part about the dumping in the bag, the worst part is that they sometimes sleep with it next to them or hold it for warmth. In the bag obviously but still..

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[–] [Piggius_Maximus](#) 27 points 1 year ago

How do the SEALs feel towards Royal Marine Commandos?

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[–] [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 44 points 1 year ago

The only animosity I've seen in the TEAMS towards other units is a guy who was shot by US Marines and really didn't like Marines as a result. Also SWCC cats that think they're SEALs. End of the day, there's a lot of mutual respect because they're all tough jobs.

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[–] [\[deleted\]](#) 43 points 1 year ago

| Also SWCC cats

TIL the US navy employs cats in it's special forces.

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[\[-\]](#) [SteveThaCat](#) 39 points 1 year ago

Finally.

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[\[-\]](#) [VictoryAkara](#) 3 points 1 year ago

Well duh, where else do you think all the awesome cat pictures come from? Jeeze. Talk about 2008

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[\[-\]](#) [jakaedahsnakae](#) -1 points 1 year ago

Special Operations Forces FTFY

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[\[-\]](#) [Piggius_Maximus](#) 12 points 1 year ago

Ok I can't find any of those acronyms, but I'll take your word for it!

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[\[-\]](#) [Iyaoyas26](#) 15 points 1 year ago

SWCC - Special Warfare Combatant-craft Crewmen

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[\[-\]](#) [bwardapenguin](#) 33 points 1 year ago

| SWCC - Special Warfare Combatant Cats

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [disposable-name](#) 1 point 1 year ago

| Combatant-craft

Because SWCCC would just be *silly*.

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[\[-\]](#) [Anardrius](#) 4 points 1 year ago

I think the SWCC are the crew of the combat boats that the SEALs sometimes use. Don't quote me on it, it's a semi educated guess.

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[\[-\]](#) [Piggius_Maximus](#) 1 point 1 year ago

That would make sense in this context, thanks!

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[\[-\]](#) [0311](#) 1 point 1 year ago

Oops. We usually don't do that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Haha, yeah. I think once was enough for him them. I like Marines myself, in moderation.

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[[-](#)] [higgeh](#) 25 points 1 year ago

Ok have to ask. Favourite firearm?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 37 points 1 year ago

Mk48, unless I'm walking at night, then I like my m4. It's the closest thing we have to the katana anymore.

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[[-](#)] [Jim314](#) 9 points 1 year ago

how heavy/painful is it to carry an mk48?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 32 points 1 year ago

Really not that bad. The pain is that when you trip the buttstock always catches the ground and the barrell whips you in the face. Every. Damn. Time.

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[[-](#)] [Jim314](#) 6 points 1 year ago

ouch, I would love to serve my country and I respect/honor all of you guys, but I am a wuss, so I think my service will be limited to tech support!

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[[-](#)] [VictoryAkara](#) 4 points 1 year ago

hehehehehe I know how to topple this regime! -unplugs ethernet cable-

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[[-](#)] [Jim314](#) 1 point 1 year ago

Damn....damn damn!

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[[-](#)] [deleted] 1 year ago

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[[-](#)] [ext41](#) 23 points 1 year ago

How many unnecessary jobs did you encounter? What would be some jobs that could be integrated for one worker instead of multiple workers?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 75 points 1 year ago

Oh my god. You could downsize the US military by a factor of 10. There are whole departments where only one person works. Look at DOD policy on nuclear weapons and apply that to the rest of the DOD. www.youtube.com/watch?

v=1Y1ya-yF35g

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[–] [beantorres](#) 14 points 1 year ago

Holy fuck i just saw that video and seriously thats some scary ass shit.

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[–] [Christianr92](#) 10 points 1 year ago

I lived in minot in 2007 when that shit happened. I personally knew a major that lost his job because of the fuck up.

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[–] [mls4037](#) 4 points 1 year ago

I lived in Minot

I'm so sorry.

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[–] [Christianr92](#) 1 point 1 year ago*

It wasn't too bad, besides October - May lol. I have some good memories but wouldn't want to go back. Place has turned for the worst since the oil business plagued it. I was there 2006-09.

Also my exs dad was Captain at the time working in the silos as a missilier and I know first hand how much of a joke that job is. He got payed well over 100k a year then and they would play playstation 3 and mess around when they would have to be out there for a week, I'm actually just jealous but yes, waste of man power/time/money.

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[–] [Sopps](#) 2 points 1 year ago

Well think about it, being a nuclear launch officer during the 1970s was actually a pretty prestigious job, you absolutely felt like the work you were doing was important. Today who the hell would ever want that job? Sit in a silo everyday for years knowing you will never do a god damn thing.

Not surprising that a lot of them were probably the ones unqualified to do the cooler jobs.

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[–] [mitchmatch1](#) 1 point 1 year ago

Fuck, dude.

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[–] [cesarnono13](#) 22 points 1 year ago

Eyeglasses. Anyone there wear any?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 45 points 1 year ago

Yeah. Well you have to hit like 20/400 I think, or be correctable to 20/40. You should know if its a disqualifying thing

before you join, but assuming you get the go ahead and join and make it to BUD/S the Navy will give you the option to get PRK or LASIK. A lot of guys opt to get it before training because 1. Hey, if I fail I still got LASIK 2. Hey, No sand in my contacts

I had a buddy who went all the way through with glasses though. It only becomes important in 3rd phase when you're shooting. He looked dapper as hell in them.

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[\[-\]](#) [\[deleted\]](#) 1 year ago

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[\[-\]](#) [JERK24](#) 1 point 1 year ago

As someone who knows the BCG's intimately I find it hard to believe that anyone not look dapper in a pair.

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[\[-\]](#) [Anoneemus3](#) -4 points 1 year ago*

LASIK doesn't always work..

Edit: Don't really see why I'm being downvoted, I had it 3 times and still can't see well.

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[\[-\]](#) [mls4037](#) 20 points 1 year ago

What are your thoughts on pararescue men

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 117 points 1 year ago

They parachute and rescue men.

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [E-werd](#) 14 points 1 year ago

I'm not sure what he expected, but I'm also not sure that this was it.

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[\[-\]](#) [Shaif_Yurbush](#) 38 points 1 year ago

I've always wanted to be a navy seal, but I'm afraid of the ocean. Will I ever make it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 122 points 1 year ago

You have a head start.

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[\[-\]](#) [atwoslottoaster](#) 23 points 1 year ago

This is a GREAT answer, well played!

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[\[-\]](#) [BazTehBarrett](#) 3 points 1 year ago

i don't get it. language barrier i reckon. care to explain?

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[\[-\]](#) [Otterbubbles](#) 11 points 1 year ago

he's afraid of something that can kill him that he has to learn to understand and handle. Fear of something that can kill you is respecting that thing and understanding it's power over you. He's ahead because he's thinking, not being an idiot.

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[\[-\]](#) [BazTehBarrett](#) 11 points 1 year ago

That was deep.

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[\[-\]](#) [Otterbubbles](#) 3 points 1 year ago

Lol I guess. That's just how my father taught me.

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[\[-\]](#) [BazTehBarrett](#) 1 point 1 year ago

i did not get that from it at all, thank you for explaining :).

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[\[-\]](#) [ExcaliburFalcon](#) 1 point 1 year ago

So is the ocean

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [BazTehBarrett](#) 1 point 1 year ago

late to the party, but a fine contribution nonetheless :).

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[\[-\]](#) [mIs4037](#) 17 points 1 year ago

How tough was training?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 59 points 1 year ago

The reputation is what it is for a reason. The trick is making the alternative even tougher in your head.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 15 points 1 year ago

[This](#) is what being a SEAL is all about.

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[–] [IAmA_Lannister](#) 1 point 1 year ago

You would be a god over at [/r/JusticePorn](#)

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[–] [Sisphys_1](#) 33 points 1 year ago

Why did you choose to become a SEAL? I've thought about a career in the military but it seems to me as if I'd be used, more or less, as a tool for a political machine I don't necessarily agree with. Which is not to say anything bad about the armed forces, I have the utmost respect for the men and women who join. How founded do you believe these fears to be? Have you experienced anything similar? Ninja Edit: Thank you for your time and service.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 46 points 1 year ago

Brother, those fears are incredibly valid. That is exactly what you're signing up for. Most of the disgruntled and bitter TEAM guys I know are that way because their ideals didn't match the reality.

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[–] [Sisphys_1](#) 12 points 1 year ago

Hmmm. Thank you so much for your response! How have you dealt with being asked to do and/or enforce things that you don't believe in? Would you recommend a career as a SEAL for someone with a strict set of morals and more or less unwavering ideals?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 33 points 1 year ago

I didn't face many moral dilemmas, and I think ~~nearly everyone~~ most guys I know in the Teams have incredibly strong moral codes. They just so happen to usually fit with the mission. Watch the movie (or read the book) Catch 22. Just understand that you'll deal with stuff like that, maddening irrationality. Everything that happens in corporate jobs (sycophants, waste, promotion of talentless middle management, etc.) happens in the military and usually much more severely. Understand that and you'll be ok.

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[–] [mrgr1](#) 1 point 10 months ago

can you link to the book Catch 22 please?

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[–] [mikegymnastics](#) 1 point 10 months ago

<http://en.wikipedia.org/wiki/Catch-22>

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[–] [autowikibot](#) 1 point 10 months ago

Catch-22:

Catch-22 is a [satirical novel](#) by the American author [Joseph Heller](#). He began writing it in 1953; the novel was first published in 1961. It is set during [World War II](#) from 1942 to 1944. It is

frequently cited as one of the greatest literary works of the twentieth century. It uses a distinctive non-chronological [third-person omniscient](#) narration, describing events from the points of view of different characters. The separate storylines are out of sequence so that the timeline develops along with the plot.

Image ⁱ

Interesting: [Catch-22 \(Lost\)](#) | [List of Catch-22 characters](#) | [Catch-22 \(logic\)](#)

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[\[-\]](#) [TimeTravelled](#) 13 points 1 year ago

Do you feel like with your training you are legitimately a more capable fighter than everyone else in a room?

Or is it really one thing to be trained how to do hand-to-hand combat versus actually putting it into practice?

I have a hard time believing a Navy SEAL could beat a legitimate MMA/UFC fighter, just because they're a SEAL.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 46 points 1 year ago

I would get the everloving shit beat out of me by a halfway competent MMA fighter. People that devote the majority of their time to practicing martial arts will have a huge advantage over a typical SEAL in hand to hand. That is not our specialty, though plenty of guys do train on their own. We don't just use our hands, and we don't generally fight people, we kill or capture them. I wish it was more Under Siege but alas, that's just Hollywood.

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[\[+\]](#) [\[deleted\]](#) 1 year ago (18 children)

[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

I don't know jack about fighting or combat, but it seems to me the regulated nature of mma would make those fighters less effective in an actual combat situation. They train to follow the rules, would they know how to act when those rules are thrown out the window?

[permalink](#) [save](#) [parent](#)

[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 20 points 1 year ago

In a bar, if I can cut his throat with a bottle or smash something heavy into his face, I give us even odds. But on the street, he knows how to punch, kick, and grapple 100 times better than I do. Don't get me wrong, I'm going to try and make him earn it, but I'm just human and odds are he destroys me. Trust me, America does not need a team of world class Ti Jitsu Artist out there giving terrorist the Neo Matrix "come here" fingers. That's a waste of everyone's time. You want me to be able to shoot the guy who is holding a gun or a detonator in the brain stem from 50ft away with a pistol. And being a gunfighter is just one of hundreds of things SEALs have to master.

Believe me,I'd take Anderson Silva in a gunfight.

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[–] [banana_lumpia](#) 2 points 1 year ago

My cousin trained in MMA and honestly, they train in two or three different martial arts and are pretty versatile. The ones that wouldn't really give much of an edge in a street fight are the more traditional martial arts such as karate or tae kwondo, but if you take on a guy who took muay thai mixed in with jiu jitsu or even wrestling, you can bet your ass you'll go down.

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[–] [Otterbubbles](#) 1 point 1 year ago

I think the other side of this that we have to remember is an MMA fighter isn't trying to kill someone, just do the most limiting damage, whereas SeALs are trying to kill and disable their target quickly.

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[–] [Candlematt](#) 76 points 1 year ago

Are you trained in gorilla warfare?

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[–] [nowyourdoingit](#) SEAL [S] 99 points 1 year ago

I could totally kill a gorilla. It would involve some Predator style boyscout skills but I would dine on gorilla meat.

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[–] [dunder_headed](#) 63 points 1 year ago

<http://i.imgur.com/THle7Hb.gif>

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[–] [mwe_1991](#) 8 points 1 year ago

</r/retiredgifs>

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[–] [subterfug](#) 2 points 1 year ago

http://s3-ec.buzzfed.com/static/enhanced/webdr02/2013/3/12/15/anigif_enhanced-buzz-19048-1363116994-4.gif

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[–] [WizardryVI](#) 15 points 1 year ago

Planet of the Apes was an awesome movie.

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[–] [PLxFTW](#) 20 points 1 year ago

Being a service member, what are your thoughts on the borderline worship of service members by the US population?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 60 points 1 year ago

Scary. Counterproductive. It's a way to pay lip service and feel good without really dealing with what's going on. And in all honesty, I didn't join for Mrs. Johnson in Cleveland. I joined because I wanted to shoot some people that needed shooting. I thought of protecting my parents and my brothers when I felt like being especially self righteous.

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[\[-\] PLxFTW](#) 8 points 1 year ago

I always wondered who I'd be fighting for if I joined. I still have no idea.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 36 points 1 year ago

I'm not entirely sure myself. Tend to think its a blend between the Elite, the MIC, and the Population, but they mostly follow the agenda set by the Elite.

Let's put it this way, Snowden saw and he didn't like it one bit. And what little I saw, I didn't find too appealing either.

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[\[-\] disposable-name](#) 5 points 1 year ago

I'm Australian, and it weirds me out, frankly. (Note: I do have a "Support Our Troops" sticker on the back of my ute, but it was put on there by the last owner, and it came in handy when I lived out near Enoggera and needed some protection from the AJs).

And I do, but I can't help but think it's dehumanising. Which is very, very dangerous.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 7 points 1 year ago

Exactly right. It's dangerous politically because who gives a shit if you send superman off to fight some bad guys, he's superman. It's dangerous for Operators and Servicemen and women because when you come home depressed and pissed off and no one wants to relate to you, they just expect you to be the stoic hero, you feel even worse. And the biggest problem we have **THIS SHIT RIGHT HERE** is only exacerbated by this cult of hero worship.

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[\[-\] disposable-name](#) 1 point 1 year ago

That's exactly why. You did a job, a tough job, a necessary job, that few can do, but beneath it all you're still human. You're not some magic unicorn immune from everyday humanity.

And, from a politic standpoint, it's very, very dangerous to think of your military as being comprised of nothing but supermen and unicorns - because then you start ordering it to do stupid shit.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Yuppers. Don't misunderstand, I'm all for doing stupid shit in terms of danger and personal risk as long as the pay off is worth it. I wish we had a more rational understanding as a nation and a world really of

what war really is, and we could make judicious and proper use of these fine men and women to end violence.

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[–] [kingft](#) 9 points 1 year ago

Is 27 too old to try a career change to navy seal? I have always been fit, worked as a personal trainer for a while now work in corporate setting.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 13 points 1 year ago

You'd have to do it quick. 28 is the cutoff without a waiver.

I'm almost 30 now and I'd make it through.

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[–] [mls4037](#) 10 points 1 year ago

How many people washed out of training?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 16 points 1 year ago*

Rough numbers (how many progressed/total)(people are pooled from all over the US so each phase gets reshuffled with a new starting group): recruiting depot: 2/11 boot camp division: 3/9 BUD/S Prep: 120/130 1st phase: 40/180 2nd phase 35/50 3rd phase 36/40

Again dude, rough numbers. Roll backs get added, people drop. Its a mess to keep track of. I think we figured out the ~180 guys that started 1st phase with my graduating class, 11 made it without rolls. Probably 18 more made it eventually after repeating some portion of training. So yeah, like 30% of the guys that go the BUD/S get through eventually, but less get through on their first shot.

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[–] [deleted] 1 year ago

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[–] [gibsonL5](#) 1 point 1 year ago

Are the guys who drop from Recruiting and Boot Camp dropping of their own accord or is it lack of ability, injury, or the like? Those numbers are pretty unreal, I was under the impression that most drops are 1st Phase, not earlier. And thanks for the AMA :)

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Most of it is not making standards but some guys change their minds even before they start.

I think the highest ratio of voluntary drops occur in 1st phase.

No worries.

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[\[-\]](#) [jric](#) 7 points 1 year ago

How long can you hold your breath for?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 46 points 1 year ago

Like 45 seconds tops. I can go without breathing for plenty longer but I need to be properly motivated by a lack of oxygen.

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[\[-\]](#) [Coolgrnmen](#) 2 points 1 year ago

I thought they required longer periods than 45 seconds. I honestly don't know for certain, and you likely do, so do they have a requirement in training that you be conditioned to hold your breath for a period of time?

Is the "proper motivation" [this](#)?

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That, and just being underwater without O2, which happened occasionally for various reasons.

You'd be better off with a 2min breath hold, which is what I got mine up too, but you don't need to ever go more than 45sec or so without air during training. That's the threshold.

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[\[-\]](#) [Coolgrnmen](#) 1 point 1 year ago

Why'd you say you could only hold it for 45 seconds "tops" if you got it up to 2 minutes? Or did you since let your holding breath skills diminish?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

It has since diminished. And 2 minutes was totally static so my underwater pool comp breathhold was about 45 seconds.

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[\[-\]](#) [shaw2885](#) 8 points 1 year ago

Thanks for doing this.

As several other probably people posted, all I've ever wanted to be was a team member. In college i was in an NROTC program for 2 years and then i destroyed my knee and hips and have had 3 surgeries on knee and hips from an injury humping at Quantico. Prior, my numbers were on par and on track to qualify. I, in fact, left ROTC and scholarship money because it was SEAL or nothing. I didnt want to be stuck on a surface officer or sub for a long time. I got to train with Team 2 at Little Creek for a few weekends. I am 29 now, make an extremely comfortable living and it's the biggest regret I've ever had in life.

My question: what did i miss out on?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 30 points 1 year ago

Great friends. Great times. Really really bad times. Assholes. Incompetent shitheads. Obscene levels of frustration. Shaves and Haircuts.

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[\[-\]](#) [shaw2885](#) 5 points 1 year ago

How about a day in the life deployed, a day in the life on shore duty?

I realize being on a ship/sub, there is not much to do.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 9 points 1 year ago

Deployed life depends on where you are and what's happening there obviously. Deployed life is generally good though. Regular work life though can be maddening and it all depends on your Team, TU, Platoon, Headshed. etc.

Generally you'll be in some sort of training cycle while you're home and in a Platoon (some SEALs rotate through jobs outside of Platoons, but that's not real Teams). When you're training you're usually happy. The bad times come when they have nothing for you to do and they have you come in from 9-5 every day like a Banker just to keep tabs on you. Keep in mind, you may do a 6 month deployment and then be one the road for schools and training trips almost all the rest of the time, so that personal time with family is precious, and having it wasted is maddening.

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

This was one of the main reasons I got out in 2004. I was on a sub out of Pearl. I could take the underwater time but being in port and working a 70 hour work week where 30 hours of that is totally wasted time just because your chief or department head wants the XO to see you there or some shit... god. Not enough respect for quality of life.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not enough respect for you. I'm sure you'd agree, the DOD would be a much better place if they didn't have access to indentured servitude.

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[\[-\]](#) [shaw2885](#) 1 point 1 year ago

Thanks! Any help you need in civilian life let me know. I'm in a very lucrative area of banking.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

Does that lucrative area of banking extend into SEA?

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[\[-\] shaw2885](#) 1 point 1 year ago

No, but there is a lot of travel and thinking fast on your feet.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

Those are two of my specialties. I'd prefer something that isn't too incredibly unethical though...like no monopolizing clean drinking water in Africa.

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[\[-\] tagus](#) 2 points 1 year ago

(I like to think that this was his precise area that he worked in and stopped replying once he realized that you called him out)

Probably just took it to PMs though

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Haha, no, went to PM's.

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[\[-\] disposable-name](#) 1 point 1 year ago

Shaves and Haircuts.

...six pence.

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[\[-\] CodeBridge](#) 14 points 1 year ago

Throughout training and deployment (I assume you were deployed), what was your favorite rifle and sidearm to work with?

Edit: Also, how much choice did you get in what you used?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 30 points 1 year ago

Very little choice actually. Everything is run through a Navy weapons testing facility who signs off on what can and can't be used and in what configurations. Also, there's a certain amount of accounting for the needs of the platoon so you might be carrying what the platoon/mission dictates.

That being said, I ran a 10" M4 with T1 and some magpul furniture. I had a customized Vickers/Magpul Frankensling I made until the V2 magpul slings came out. MAGPUL MAGUL MAGPUL. Think they'll send me some gear? Standard 226 but we had just got a set of the new HK45c's which I like a lot. Also, I am in love with the MK23. I hit man size silhoetts(sp) at 300yds with it. Surpressed!! I mean, we're talking canon style ballistics but it'd still put someone down hard.

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[\[-\] \[deleted\]](#) 12 points 1 year ago

That's a super passionate description. I actually understood a few of those terms.

[permalink](#) [save](#) [parent](#)

[–] [Jim314](#) 7 points 1 year ago

was one of them furniture? [because](#)

[permalink](#) [save](#) [parent](#) [give gold](#)

[–] [CodeBridge](#) 1 point 1 year ago

I thought the Mk. 23 was a combat handgun, rather than a dedicated sidearm? It is a beautiful gun, though. I've always had an affinity for the USP .45 Compact Tactical, personally.

I ended up getting a Glock 19 when the time came around, due to price, but I still love that gun to death. Short, versatile, and powerful.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

It is. It is a BIG pistol, especially with the can, and I would hate to have to draw on someone with it, but for recon type work where you're mostly static, it's a beaut. It would also be my gun of choice for certain clearance work.

[permalink](#) [save](#) [parent](#) [give gold](#)

[–] [CodeBridge](#) 1 point 1 year ago

Have you had the chance to shoot the .50 Beowulf cartridge? When I get the funds, I want to build an SBR platform in that caliber.

I understand that you were limited by what you could use in service, but I personally would feel a lot safer with an SBR than the Mk.23. What are the benefits to a handgun like that over something, such as the UMP .45 or any other carbine/SMG?

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[–] [Bones_IV](#) 1 point 1 year ago

I remember someone saying that some guys on the Teams would joke that the 23 was great because it's so damn big that if it ever failed you could still bludgeon someone no problem.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

This is true and I have heard that joke. Very very few guys carry them. It's a specialty tool for sure, but it is an amazing one.

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[–] [Bones_IV](#) 1 point 1 year ago

I've also heard accounts similar to yours concerning SDV. Something about guys laminating magazines to read while waiting because it could get so boring, though that may have been an exaggeration.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

That is not an exaggeration. Though in reality it's not worth the trouble as the laminate always leaks and the water is too dirty to see through, and you probably can't have lights on anyway, and even if you could there's so little space you can't move. Best to just sit and hope for death.

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[\[-\]](#) [vecdran](#) 1 point 1 year ago

The Mk23 is such a hilarious gun. It's practically the size of a Desert Eagle, with the ergonomics of a rounded off brick, but has a surprisingly good single action trigger, and the recoil is quite gentle.

The HK45c? Now that's a proper .45 Heckler & Koch.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I always thought it was overkill until I saw what it was capable of doing. I can just about double my comfortable head shot distance just by switching to the 23.

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[\[-\]](#) [vecdran](#) 1 point 1 year ago*

Have you had any trigger time behind a full-size HK45? I think it captures some of the best aspects of the MK23 without being a Teutonic death brick.

Since you said you enjoyed long range shooting, you would probably really enjoy a USP Expert. 5.2" barrel with a match trigger and a factory mag funnel. One of the damn nicest triggers I've ever felt on a plastic gun, and the accuracy was nuts. On the well worn example I got to shoot, I was grouping under an inch at 25 yards when the planets aligned.

Oops, there I go again. Waxing esoteric on guns. Thanks for your service!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yes to the USP but no to the Expert.

I'm a fairly lanky guy so the MK23 doesn't feel that bad to me. The USP always feels like I'm stepping down from a Lexus to a Camry after shooting the 23. I'll keep my eye out for a Expert, although I don't have a lot of use for either of them now. CCW mostly. No more "Offensive handguns" for me.

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[\[-\]](#) [vecdran](#) 1 point 1 year ago

What, you've never tried to carry a Glock 34 appendix before? :P

I have. I didn't leave the house. Due to feeling silly, and the opposite of comfortable.

I wouldn't really bother with any of the normal USP guns anymore (Expert/Elite/Match being the exceptions). The P30 and HK45 really were the way of the future for HK due to vastly improved

ergonomics. Now with the VP9 HK is finally getting their rear and gear and joining the 21st century.

I've carried a P30 consistently as my full-size CCW for several years now, and I've been quite pleased. Shit stock trigger though. Had to molest the hell out of it to get something barely passable...

While we're nerding out on guns, you get any trigger time on an AS50?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No, that's actually not that popular of a platform. My Team had none in inventory. I wasn't a sniper but the 300 Win Mag was the most popular rifle our snipers preferred.

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[\[-\]](#) [vecdran](#) 1 point 1 year ago

Great round. Makes shooting 1000 yards a cinch. Kicks like hell though. Really don't like how sharp the recoil impulse is.

But then again, I'm a delicate kind of guy.

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [KargoShorts](#) 1 point 1 year ago

Hey, can you tell me why they put that trigger guard mag release on those HKs? I was thinking about a USP before I got my P220, but that was the deal breaker for me. Do people like them for some reason?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I can't tell you why, only that I don't find it problematic and its probably and easier index point than trad mag release. Having said that, the 45c, USP, or the Mark 23 are all great guns but not my personal sidearm of choice. If you have the [means](#)

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[\[-\]](#) [jack2of4spades](#) 13 points 1 year ago

What was your BUD/s class?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 15 points 1 year ago

I'll let the mods verify me. It was in the 270's.

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[\[-\]](#) [NeverShakeABaby](#) 5 points 1 year ago

What does that mean?

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[\[-\]](#) [Fun_muffins](#) 16 points 1 year ago

[BUD/S](#) is the initial 6-month training SEALs go through. By 270s he means he was Class #270. For example, Marcus Luttrell (Lone Survivor) graduated with Class 228 in April 2000.

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[\[-\]](#) [NeverShakeABaby](#) 4 points 1 year ago

Thanks!

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[\[-\]](#) [Cytosen](#) 3 points 1 year ago

Did you get rolled?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

yup

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[\[-\]](#) [kaosjester](#) 1 point 1 year ago

Does he mean gang-style rolling?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. Rolled as in 'to be rolled backwards in training to a previous point'

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[\[-\]](#) [KangarooPower](#) 5 points 1 year ago

Whats it like on a HALO jump? And (I realize this isn't really what you did) but what's it like being a Navy mechanic for planes/helicopters- you must have interacted with them

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 8 points 1 year ago

It's like skydiving with a lot more crap on. Pretty much the same once you get out of the plane. I can't speak for them, but the Tech's (technicians) at the Team had a pretty decent job, at least they seemed to like it. Usually pretty short hours, but when they were needed they were on call for whatever came up and could be working for weeks of 20 hour days. When that happened though everyone knew it was important work and that made it more fulfilling I guess.

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[\[+\]](#) [deleted] 1 year ago (3 children)

[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

HALO jumps are just like regular freefall but with a lot more gear on you. Very little interaction with the mechanics in the aviation community. My father did that though and enjoyed it.

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[\[-\]](#) [CaptDBO](#) 1 point 1 year ago

I was a Navy aviation technician (think mechanic, except wiring and electronics) working on helos. If you have any questions, feel free to PM me.

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[\[-\]](#) [banana_lumpia](#) 1 point 1 year ago

what do you do on a daily basis? what's the shittiest or most boring thing you've ever done, and most fun?

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[\[-\]](#) [CaptDBO](#) 1 point 1 year ago

Day to day kind of varies. Especially depending on where you're stationed. Just like any other job, really.. Wake up, go to work, fix some airplanes/helicopters, go home and relax or run errands or whatever. The guarantees paycheck is really nice, along with all the benefits. Free medical and dental, school tuition, GI Bill, VA home loan, 30 days paid vacation every year. Can't really beat it. Shittiest thing.. Being stationed in Guam for 2 years. Never ever ever ever go to Guam. It's a 3rd world country. Seriously.. Don't go. Most fun? I bought a party bus when I was stationed in Florida. It was my personal vehicle that I drove around. Had a lot of good times in that thing for sure. Any more questions?

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[\[-\]](#) [banana_lumpia](#) 2 points 1 year ago

I have a friend who lived in Guam, said it didn't seem too bad. How long were your hours on a daily? What are your requirements for a job like that? How hard is the competition in that field?

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[\[-\]](#) [CaptDBO](#) 1 point 1 year ago

I was in Guam for 2 years. It gets boring. Power constantly goes out. Roads are made of coral, super slick. Highest speed limit is 35. Some days we worked 16 hours, some days we didn't. Depends on where you get stationed, really. As far as competition goes, it depends on if the job is overmanned. The manning in the navy fluctuates, and there's not a concrete pattern. They'll downsize and realize oh crap, we downsized too much! Then they'll overman and downsize again and the cycle continues. For requirements, I scored an 80 on the ASVAB. I'm not sure of specific subjects you have to score well on. You also get a secret security clearance so you can't be in SERIOUS debt. They'll run a background check on you as well. Any more questions, lemme know!

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[\[-\]](#) [banana_lumpia](#) 1 point 1 year ago

I took the ASVAB but threw away my results by accident, but I remember my scores to be around 85 or so, I think the only ones I didn't do as well on was auto and mechanical? Thank you for answering them! It sounds like a field that I'd be interested in and I'm still exploring my options.

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[\[-\]](#) [CaptDBO](#) 1 point 1 year ago

For sure. I'm not a recruiter, but if you have any more questions, let me know. Good luck

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

can confirm. have been to guam.

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [lacqui](#) 5 points 1 year ago

What do you do on ships during transit or when you're not on a mission?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 61 points 1 year ago

Mission planning. Drills. Hang upside down and field strip weapons blindfolded. JK

Sleep till you're hungry and eat till you're tired. Video games, books, and movies. Workout. Like being in college without the need to attend class... and much uglier women.

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[\[-\]](#) [letsgofightdragons](#) 10 points 1 year ago

Dude, THANK YOU.

Honestly, I was on the verge of enlisting for the fabled female soldiers.

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[\[-\]](#) [modi13](#) 3 points 1 year ago

Don't discount it just yet. THEY can give YOU a moustache ride!

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[\[-\]](#) [MyFuckingUser](#) 6 points 1 year ago

Do you get a different MRE than the rest of the troops?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 25 points 1 year ago

Nope. In Hell Week they take all the desserts out.

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[\[-\]](#) [_JackDoe_](#) 17 points 1 year ago

You are a strong man.

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[\[-\]](#) [FiredFox](#) 7 points 1 year ago

Do SEALs have to Field Day every thursday like the rest of the USN/USMC?

Do you guys get a non-magnetic waterproofed version of the floor buffer?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 8 points 1 year ago

No. We did pick weeds on Friday a lot though....That is not a joke either.

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[–] [FiredFox](#) 6 points 1 year ago

I guess they need to make sure you guys get the entire Naval experience like everyone else.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

Or they were too cheap to spring for a few gallons of roundup...

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[–] [FiredFox](#) 3 points 1 year ago

Nope. Good ol' Character Building, I bet.

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[–] [Werewolfdad](#) 5 points 1 year ago

How do you feel about this Jesse Ventura/Chris Kyle drama?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 13 points 1 year ago

I wasn't party to any of it but I met Chris once and the experience was not a particularly positive one. I think Jesse is probably fair to sue for defamation, and I think it's unfair for people to villainize him for "suing a widow". Chris Kyle made a substantial amount of money by bragging about killing a lot of people and beating up an old man. Not really things I pride my community on.

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[–] [hippolanguage9](#) 3 points 1 year ago

Could you describe your experience with Chris Kyle, and why it was so negative?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

No. It's not a juicy story. He just didn't strike me as my kind of guy.

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[–] [hippolanguage9](#) 2 points 1 year ago

Oh.. My brother looked up to him a lot so I won't tell him that part.

But while I have you here, in your opinion, what could you say is the most accurate military movie?

Without getting too intrusive, what is your experience getting into a fire fight?

And have you ever considered a job in private security?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 7 points 1 year ago

Black Hawk Down. I liked that there was no music in the action scenes of Zero Dark Thirty. Lone Survivor did a pretty good job as well. Firefights are something I have a lot of practice and not much experience with.

I've considered it but the market is pretty full right now with guys who have a lot more combat experience than me.

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[–] [hippolanguage9](#) 1 point 1 year ago

I think in this AMA you said that you were stationed for a little while. Where were you stationed?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

A number of places, just not Iraq or Afghanistan.

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[–] [hippolanguage9](#) 1 point 1 year ago

I have a buddy, who is doing security up in NK. Ever do and war zones?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

North Korea? Can't say I've been. Nope, no US war zones.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

[Everyone considering going into the combat arms profession should read this.](#)

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[–] [crazy8ball17](#) 4 points 1 year ago

Frank: a true American hero. "We sleep safe in our beds because rough men stand ready in the night to visit violence on those who would do us harm."

Thank you for that link

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[–] [HoleInTheAir](#) 6 points 1 year ago*

Thanks for taking the time to answer everyone's questions. I have a few of my own:

1. Is it foolish of me to expect that there will be moments I will enjoy, but shouldn't be enjoying? For example, I know how terrible surf torture must be (and granted I've never experienced it), but the thought of suffering with guys just like me is very motivating. I've never felt like I ever fit in at any situation, and though I've always made friends easily, I never feel like myself with any of them.

2. It sounds like everyone wants to be a SEAL for different reasons, though there does seem to be a general trend. My primary motivation is that I've succeeded in life so far with little effort, and virtually no passion. I keep waiting to be exposed, but somehow I always find a way to almost 'fake it'. I graduated magna at college without working as hard as I could. I've always been trying to find that thing that drives me, and the only time I feel alive is after I've had a difficult workout (honestly, the only time). I also have an extremely difficult time getting out of my bubble, and I resent myself for that a lot. I view being a SEAL as a way to find that passion and to be out of the bubble. My concern is that killing and shooting people may be secondary to the challenge of getting to that point. Is this an issue?

3. I'm 22, recent college grad, working in IT as an entry-level analyst. I've spent my entire life working towards a goal, and when I reach that goal (get to college, finish college, get a job), if there's not another one waiting, I tend to get very depressed quickly. Is this because of the meaningless nature of my work, or is inherent to me? Would you imagine I'll feel the same way if I become a SEAL?

Thanks in advance. Can't imagine anything that would make me happier and more fulfilled than counting myself in with the ranks of guys like you.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

1. No, not foolish but not something to plan for either. Most things are going to suck while you're doing them. Occasionally you might be in the middle of some misery and get a "hell yeah, this is awesome" moment but don't be discouraged if you don't, plenty of guys are just always miserable. The only guy I know who was always excited and motivated turned out to be a serial killer.
2. Just as valid. I think guys that wanted to gut the people responsible for 9/11 probably make the most motivated SEALs, but plenty of guys just wanted a cool job and they can be extremely good Operators as well.
3. It's your response to your work. I.e. you want to work, you want the challenge not the reward. I think that unfortunately you'll more than likely find the Teams unfulfilling after a few years but you ought to get 3-4 great years at least. You'll certainly have peers afterwards.

Your welcome. Appreciate the compliment.

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[\[-\]](#) [HoleInTheAir](#) 2 points 1 year ago

You've mentioned above that you're really into philosophy, so I assume you're pretty introspective about most things.

In place of being a SEAL, would you rather have been in the corporate world and ahead of where you are in that industry today?

Also, it's hard for me to do as a civilian, but do you find any merit in the 'born dead' notion? No matter what sort

of life I have: unfulfilled, fulfilled; happy, lonely; short, long - the end result will all be the same. All of my accomplishments, thoughts, opinions will be largely forgotten in 10 years, and in 100 years, there will be virtually no trace I was anything at all.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I see the success that a lot of my social peers from before my time in the SEALs have had and I definitely do wish the past 10 years had been more productive. I can't emphasize enough how much I poured into being a SEAL. It consumed me. After doing the job for a few years I finally came to the realization that it had been a lot of sacrifice for naught. My gf always tells me that I'm too much of an idealist, even now, when I consider myself jaded. One of my highest values in life is freedom, and I thought I was contributing to the expansion of it, but it turns out I was subjugating myself for the benefit of others. Now I have my freedom back, but I'm financially chained down in a way I might not have been had I put half the effort I put as a SEAL into almost literally anything else. I also have to try to build myself up from the bottom again with a resume that basically reads, "can shoot good."

But, like you say, cellular death, collapse of the solar system, and eventual heat death of the universe....time is a flat circle man....just keep l-i-v-i-n.

Think the front page had a youtube vid about pessimistic philosophy. Good stuff.

The beautiful correlary to the everything doesn't matter realization is the viewpoint of, "fuck it." Fuck it, we'll all be in the ground someday anyway, might as well have some fun, take some risk, and get as much as I can without all the worry and fear that drives 95% of mankind into taking the safe route. Go climb a goddamned mountain just to see if you can. Take up Tango lessons. Do mescaline in the desert. Live some fucking life people.

That being said, I will shave everyday and wear a suit and tie if you pay me 100k+ a year, but I will be taking a month of vacation.

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[\[-\]](#) [HoleInTheAir](#) 1 point 1 year ago

Yeah, the youtube video is a compilation of Rust's musing from True Detective. I've listened to it multiple times. Great show if you haven't seen it already.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

Link to the video?

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[\[-\]](#) [HoleInTheAir](#) 1 point 1 year ago

Here you go, buddy: <http://www.youtube.com/watch?v=9oX2xFo7JA4>

EDIT: The bit at the end had a pretty strong impact on me.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Love the show. Love Rust.

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[\[-\] \[deleted\]](#) 5 points 1 year ago

What would you say is the most useful skill to possess as a SEAL that isn't typically mentioned pre-SEAL?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 23 points 1 year ago

SEALs really are thinking shooters. There are surprising few applications in the real world for a .4 sec pistol draw. So besides the "character building" mental fortitude type stuff, I'd say the best take away was the ability to be given some novel new task and excel at it in a very short time with nearly total self reliance. How's that for a job interview answer?

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[\[-\] gibbie99](#) 8 points 1 year ago

You are selling yourself short. Plenty of things that are translatable. Quick thinking, analysis, mental fortitude, etc.

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[\[-\] pigpotjr](#) 4 points 1 year ago

Any advice for a 16 year old?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 9 points 1 year ago

Just live life man. Focus on college if that your thing, and keeping the option open definitely should be your thing.

Get out and do things, take up rock climbing and computer repair and jazz tap, and whatever the hell else you want because what makes the SEALs great is that we're a bunch of dudes from all walks of life and we bring all kinds of unique things to the table. Stay fit and in a few years go talk to a SEAL motivator or Recruiter if you're still interested.

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[\[-\] pigpotjr](#) 3 points 1 year ago

Awsome thanks for the advice man!

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[\[-\] PepsiColaX](#) 3 points 1 year ago

Hit the pool an hour a day. Join swim team. Become confident in the water. Focus on the stuff you suck at and never quit.

Not a SEAL, but going into pararescue this fall.

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[\[-\] pigpotjr](#) 1 point 1 year ago

Wow thanks so much! And good luck!

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [proROKexpat](#) 5 points 1 year ago

After reading what you wrote...I am confident I never want to be a navy seal...

[permalink](#) [save](#) [give gold](#)

[\[-\]](#) [crazy8ball17](#) 5 points 1 year ago

Any instances where the instructors are younger than members of the class?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Totally. Average age was probably about 30 but you got some 45 y/o masterchiefs and some 23 y/o 2nd classes. Age doesn't matter. Experience and ability matter.

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[\[-\]](#) [mechahorse](#) 4 points 1 year ago

What was the hardest part of your training?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 10 points 1 year ago

2nd phase. Pool stuff sucks hard. Can't really train for it either. It just is what it is.

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[\[-\]](#) [turningsteel](#) 5 points 1 year ago

What were some of your numbers on the PST if you happen to remember and any tips for increasing pushups/2:00 minutes? I can do large numbers in a day, but I struggle with getting more than the low 70's in the 2 minute limit.

And one more: What do you plan on doing now that you've left the Navy?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 11 points 1 year ago

I use to do this workout....let me remember. I think it was 5 pushups a minute for an hour. Something like that. While I watched TV. Focus on strict form and just do progressively more and more in a shorter and shorter time. 10:15 run 9:15? swim 27 pullups low 90's on pushups and situps I think.

Don't worry about that too much. Get your overall fitness up and focus on shoulders, back, and neck (that'll help your bros out the most). But don't fret. BUD/S and BUD/S Prep are really really really damn good at getting you in shape.

Probably open a salon in NYC.

[permalink](#) [save](#) [parent](#) [give gold](#)

[\[-\]](#) [wellstone](#) 3 points 1 year ago

If you do let me know I will come have a drink.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 11 points 1 year ago

Haha. Not saloon. Salon. Don't Mess with Zohan style.

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[–] [turningsteel](#) 1 point 1 year ago

Sweet, thanks so much for responding. I really appreciate it.

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[–] [zen_rage](#) 3 points 1 year ago

I used to work at the COMM center for BUDs. I have so many shirts. Random; I miss working with all the instructors; most down to earth laid back guys ever.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 4 points 1 year ago

At the end of the day. This is the best reason to be a SEAL. The dudes you work with are just another breed entirely.

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[+] *[deleted]* 1 year ago (3 children)

[–] [methodmanfan](#) 4 points 1 year ago

Thinking about enlistment and just wanted to ask - how many of your buddies did you lose on operations and that sort of thing? sorry if its a personal question

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

The numbers are going down from the height of the war, but SEALs have carried their share of the casualties. Had a couple lost in training. If you're in for a while someone you know will die, but that is life.

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[–] [crazy8ball17](#) 4 points 1 year ago

Dude I can not thank you enough. The longest distance I've ever run was 6 miles but tonight after I completed my 6th mile I thought to myself, "I'm still breathing...I'm tired but not completely exhausted...fuck it I'm going for 7". Right before I finished mile 7 my lungs were burning, my calves and shins were aching like a mofo, and I was gasping for breath. Just before I was about to finish a little girl passes me on the trail and I say to myself, "no fucking way is this girl going to keep running while I stop. fuck it, fuck it, fuck it, I'm still alive, I can keep going". And after that I had a little burst, passed her up, and I didn't see her again. Ended up running 8.25 miles in total. All during that last mile and a quarter I was worried that I might pass out but then the realization hit that if I don't push past my known mental and physical limits there can be no growth. And if there is no growth, simply stagnation, then I might as well be dead since I'm not progressing. That's what pushed me to run those extra 2.25 miles

tl;dr: "fuck it, fuck it, fuck it" really works and OP is a good guy!

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[–] [nowyourdoingit](#) [SEAL](#) [S] 5 points 1 year ago

Now you're doing it.

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[\[-\]](#) [crazy8ball17](#) 5 points 1 year ago

What body parts do you need the most flexibility in? I've read neck strength/flexibility is essential

I really wanna send you a giftcard or something for answering my endless list of question

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

Nah, don't worry about it.

Work on hip flexor and ITB flexibility. Ankle flexibility as well. You should be working towards good flexibility and ROM everywhere just because it'll increase your strength and longevity, but lower limb injuries are the most common so best to ensure they're squared away first.

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[\[-\]](#) [crazy8ball17](#) 3 points 1 year ago

Everyone always says your reputation in the Teams begins Day 1 of BUD/S-how true did you find that to be? Did guys who put out in BUD/s and were really selfless dudes get looked at favorably when they joined their respective Teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 7 points 1 year ago

It's true but it's not the whole story. Your reputation in BUD/S and SQT matters, but that's highschool, going to a Team is like if all of your highschool went to work for the same 3 companies. Obviously plenty of carry over, but the people at your new workplace only care how you perform now. Plenty of studs turn to duds and vice versa because the demands are different.

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[\[-\]](#) [Scorpion8754](#) 52 points 1 year ago

What the fuck did you just fucking say about me, you little bitch?

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[\[-\]](#) [hippoblanguage9](#) 12 points 1 year ago

What the fuck did you just fucking say about me, you little bitch? I'll have you know I graduated top of my class in the Navy Seals, and I've been involved in numerous secret raids on Al-Quaeda, and I have over 300 confirmed kills. I am trained in gorilla warfare and I'm the top sniper in the entire US armed forces. You are nothing to me but just another target. I will wipe you the fuck out with precision the likes of which has never been seen before on this Earth, mark my fucking words. You think you can get away with saying that shit to me over the Internet? Think again, fucker. As we speak I am contacting my secret network of spies across the USA and your IP is being traced right now so you better prepare for the storm, maggot. The storm that wipes out the pathetic little thing you call your life. You're fucking dead, kid. I can be anywhere, anytime, and I can kill you in over seven hundred ways, and that's just with my bare hands. Not only am I extensively trained in unarmed combat, but I have access to the entire arsenal of the United States Marine Corps and I will use it to its full extent to wipe your miserable ass off the face of the continent, you little shit. If only you could have known what unholy retribution your little "clever" comment was about to bring down upon you, maybe you would have held your fucking tongue. But you couldn't, you didn't, and now

you're paying the price, you goddamn idiot. I will shit fury all over you and you will drown in it. You're fucking dead, kiddo.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 28 points 1 year ago

[What I think every time I see this](#)

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[\[-\]](#) [banfromallsubreddits](#) 3 points 1 year ago

Umm..nothing! *hides spork behind back*

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[\[-\]](#) [kennensie](#) 3 points 1 year ago

how many of the people going through training fail because of physical reasons?

ie. those who have the heart/dedication/ don't quit but suffer injuries or just can't meet the physical challenges?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 20 points 1 year ago

I'd say maybe 5-10 %. The thing is, people break. Physically. But if you go down swinging then the staff will usually let you heal up and go back in where you left off. If it's a really serious injury that might take months then you might get a job assisting somewhere on the compound until you can come back. Almost everyone uses a physical failing to justify a mental one. "Ohh, rolled my ankle, that's it for me, I tried my best though." Bullshit. I had a buddy get through Hell Week with a broken femur. Your body will fail, but you don't fail until you quit.

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[\[-\]](#) [OMSCRep](#) 1 point 1 year ago

I've heard this countless times...And I believe it.

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[\[-\]](#) [just_an_ordinary_guy](#) 3 points 1 year ago

As a former submariner, I liked you guys more than the EOD/Divers that were on board. They were annoying as all fuck.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Agree. Thanks. I can tell you that whenever I was onboard all I wanted to do was stay out of your way. Always felt like I was a guest in someone else's home. I think the Divers kind of think it belongs to them.

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[\[-\]](#) [just_an_ordinary_guy](#) 2 points 1 year ago

We were just on a training mission, so noise wasn't a huge concern, but they seemed to not notice all of the sleeping people around them. Good thing is that we didn't care who they were. Someone shouted out of their rack at them.

I wasn't one of the people to always hate riders though. Having riders meant that we weren't running drills. Get in my way all you want, it's still better than running drills.

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[+] *[deleted]* 1 year ago (1 child)

[-] [Oprahwinfreysminge](#) 3 points 1 year ago

What's your daily workout plan?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 5 points 1 year ago

I've done just about everything. Right now I'm getting back after almost a year off, so I'm doing the main lifts with very little cardio and a lot of accessory work...but yeah, Eat big. Lift big.

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[-] [senor_username](#) 3 points 1 year ago

Have you met many people from special forces of other nations. Specifically anyone from the SAS. In highschool (UK) there was always debate over who was harder or better etc etc and it was mostly childish discussion but who would you honestly say received the better training? Not necessarily the most badass soldier, but the quality of training and the skill set acquired.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

I have a few friends in the British SBS and Aus SAS, and I think the AUS SAS have one of the best set ups around. Those guys know how to live, train, and work. Having said that, our funding is a lot bigger, and though I think it could be appropriated better, that results in better training in theory, more training opportunities at least. Also, I think that even if you ask them, we have superior tactics in several regards. Again, having said that, if I got an invite to join the Aussie SAS today, I would be on a plane today.

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[-] [senor_username](#) 1 point 1 year ago

Thanks for the insightful response. I guess in the end it does all come down to funding

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[-] [pooh9911](#) 3 points 1 year ago

Do you use metric system or imperial system?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 5 points 1 year ago

Both. Jack of all trades MF.

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[-] [ImadeThisForYouCunt](#) 3 points 1 year ago

Thanks for answering just about every damn question in this thread. I've been lurking my balls off and made an

account to see if you could clear some stuff up for me.

-I saw a comment from you saying TGs don't do much platoon pt. So do most guys just work out alone? Or do you usually workout with other SEALs? -I saw another comment about SDV being stupid dangerous. Can you elaborate on that? -Are bar fights really a staple in the SEAL teams? I don't know if its bullshit or not but I've heard that the majority of all SEALs will get into a bar fight at some point in their career. -Oh yeah, do you still get that immediate feeling of regret/shame when you finish jerking it? If you answer any of my questions this is probably the most important.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

-I'd say most guys will get together to workout, but do their own programs. If I'm heading to the gym, I'm going to invite the roomy and maybe check to see if anyone else is heading there around the same time. It's rare you'll get the gym to yourself anyway unless you go crazy early or late, so you're almost always "working out" with someone else even if they're just rowing and you're hitting the free weights. Sometimes, guys will get together to work on programs together and sometimes Platoons are just super into Platoon workouts and will get together as a Plt all the time for beach workouts or gym time or long runs, or bikes, or whatever. What you want, and what works best if for your head shed to expect and assume that you are a grown man who knows how to keep fit and to let you do it how and when you feel it is most appropriate. Luckily that is fairly common in the Teams, more so at least than in the rest of the military.

-The type of diving done at SDV is inherently risky and casualties can occur even if everything goes perfectly to plan, which if you know anything about diving, is a given. Most Teams dive for a week or two a year tops, SDV dives all the time and they dive wazoo dive profiles that are often experimental.

-Yes and no, you're going to go out with a bunch of brawlers and someone at some point is going to try and start something with you or one of your friends, and brawlers brawl. It's a symptom of being a bunch of Alpha males at a bar in either a military or a redneck town. It's pretty easy to avoid bar fights if you keep your wits about you. It's a stupid thing to do now days for two reasons, the first is the Navy will crucify you, and the second is that it's likely to result in serious injury.

-Shame is not an emotion I have anymore.

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[\[-\]](#) [ImadeThisForYouCunt](#) 1 point 1 year ago

Thanks man

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

No worries.

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[\[-\]](#) [Nidkid](#) 3 points 1 year ago

Happy Veteran's Day brother

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

graci

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[–] [\[deleted\]](#) 3 points 11 months ago

Have you ever seen a fake SEAL in person? This guy is going around making up stories about being a SEAL and being kicked out of the LAPD and being depressed on reddit. Really funny watching everyone trash this guy though.

<http://www.reddit.com/user/buds239> <http://www.reddit.com/user/OfficialLAPD>

[permalink](#) [save](#)

[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 11 months ago

I've seen some boat guys and some Divers telling girls in bars they were SEALs. I've never seen anyone trying to pass it off in every day life.

I'm not wont to call a guy a liar, but that dude is a fucking liar. His answers were cringeworthy.

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[–] [Snarfin](#) 9 points 1 year ago

I can chime in on some of the more niche jobs, I worked for SEALs for 5 years and did two deployments with a SEAL Team.

Ask away!

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[–] [TrimHopp](#) 2 points 1 year ago

What was your rate?

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[–] [Snarfin](#) 2 points 1 year ago

I was an IT working for MCT.

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[–] [TrimHopp](#) 5 points 1 year ago

How do they decide who works with SEALs? Is it all capability or were you just lucky?

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[–] [Snarfin](#) 6 points 1 year ago

I think it's a little of both, but I never asked.

I finshed my A School (the training right after boot camp) In less than half the time that they gave us, because I was already doing IT stuff outside of the Navy.

We got to pick what coast we wanted to be on, and I originally picked the east coast (I don't know why that would've been the biggest mistake of my life)

about a week after that they told me they lost my paper and just gave me west coast. Then I got my orders

to MCT And SERE School and had a few 1st classes and a chief pull me to the side and tell me I wasn't going somewhere normal and my life is about to radically change.

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[\[-\]](#) [TrimHopp](#) 1 point 1 year ago

That's awesome. You musta done something right.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The Navy Detailers are like military HR and they select people for various roles. Generally (not an expert) most techs apply or are recommended because someone thinks they're good at their job. There is also some chance to it.

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[\[-\]](#) [Cytosen](#) 1 point 1 year ago

Corpsman?

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[\[-\]](#) [Snarfin](#) 1 point 1 year ago

IT!

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[\[-\]](#) [PepsiColaX](#) 1 point 1 year ago

About to start the process of becoming a PJ. I understand it's not entirely the same, but what would be something that you wished you trained for before shipping off.

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[\[-\]](#) [Snarfin](#) 1 point 1 year ago

I don't know much about the air force or PJs. But just go into boot camp with an open mind and anything anyone tells you before hand is more than likely wrong. Enjoy the ride!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I wish I had spent more time focusing on things outside of becoming a SEAL. At the end of the day, it's just a job, and you'll be a happier person if you can remember that.

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[\[-\]](#) [PepsiColaX](#) 1 point 1 year ago

I feel you man. I've heard it can be very rewarding, but it does come at a cost. For me, it is hard to balance training and spending time with the family while I still have it. I've been struggling with that since I've started the process. I've also thought about going the SEAL route but I really want to be saving people and doing SAR.

I've been reading through your thread all day and I remember you saying you were trained as an 18D. Did you go in wanting to be a medic or did it just kinda happen? And I assume the training would be parallel to

pararescue's medic training but I don't know for sure. Is there anything I could study now before I ship out to aid in the medical training? Any books that you would recommend?

I also wanted to thank you for doing this thread, it's hard to find special operators on here, former or active, that will help out us hopefuls.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I remember kind of thinking that at the very least I wanted to have the medic skillset so that I'd be able to help a wounded brother. Not really ever desiring to be a full on medic. Luckily, being a SEAL 18D isn't like an SF 18D. It doesn't define you, it's just an added benefit to your platoon and Team.

You're going to need to know a lot of basic Anatomy and Physiology. If you're really antsy for something to do to prep, download an A&P pdf and some Apps and practice learning body parts. Like everything else in the military though, they'll hold your hand through it the first time. It's all designed to take someone from zero knowledge to proficiency.

And yeah, pretty similar though they're probably better trained medically. That's the majority focus of their unit.

No worries.

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[\[-\]](#) [HopperFrog](#) 2 points 1 year ago

I am planning on going through BUD/s and going on the teams. (I'm sure you must hear that a lot...) I've been in talks with guys I know who are active duty on the teams and been trying to find out as much as possible before I pull the trigger.

Anyways my questions for you are:

*What are the opportunities like after getting out?

*What was your MOS when you (enlisted)?

*As a recent college grad, I wonder what the likelihood of eventually getting my commission would be? (I plan on enlisting, and after feeling it out maybe putting my packet in for OCS)

*I heard that the 18-Delta program was greatly diminished from an expedited full combat paramedic training (6 months) to something closer 3 months, is this true and/or cause for concern?

*If you could do it over, would you do anything differently?

*Winter or Summer BUD/s? (I was planning on winter of 2015, but I'd love your input)

Thanks!

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[\[-\]](#) [Jcc123](#) 3 points 1 year ago

You realize 18D is an Army Special Forces MOS and not a Naval rate, correct? While he may have participated in joint exercises, he probably can't speak too much to changes the Army is experiencing.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

Everyone but the Airforce goes to the Army School. They have the facilities and staff so classes are like 90 Green Berets, 6 SEALs, 3 SWCC, an EOD guy, some CA girl.

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[\[-\]](#) [Sopps](#) 1 point 1 year ago

Are the Green Berets really that much larger of an outfit then the SEALs? Also how would you say their typical missions vary from SEALs?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, about 10x larger.

As far as OEF/OIF, very similar missions.

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[\[-\]](#) [HopperFrog](#) 1 point 1 year ago

whoops I thought that's just a combat medic was referred to as. In that case has the SEAL combat medic program been gutted?

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[\[-\]](#) [Jcc123](#) 1 point 1 year ago

SEAL medics attend 18D training, so that may be the source of your confusion. Not certain what changes have taken place so I'll let someone else address that.

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[\[-\]](#) [you_got_it_joban](#) 2 points 1 year ago

Not anymore, was in SOCM last fall and we were the first class to not have any SEALs, they go to the PJ school now. The added more Rangers to each class.

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[\[-\]](#) [Jcc123](#) 1 point 1 year ago

Ah. Thanks for the update.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No shit? Well sorry for the misinformation. Like I said, the DOD is a many headed beast, and it likes to twist and turn on you.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

1. They can be good? I worked as a topless butler and ran a hostel for a while and now I'm just unemployed

finishing my degree. It looks good on a resume I guess, but the guys at Goldman aren't blowing up my phone.

Don't even remember, I think I was a Fleet Marine Medic but I had a SEAL Contract and that was the only thing that mattered.

It's pretty good actually. Just go in with that in mind and start smoozing the O's right off the bat.

I did 18D but I can't tell you what the course is right now. It's usually in a state of flux. I would only recommend it if you plan to pursue medicine outside the TEAMS, or if you want to miss the war playing doctor in North Carolina (which is what it'll feel like).

Don't EVER volunteer for SDV.

I did two winter Hell Weeks. NBD. I like Coronado in the winter.

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[+] *[deleted]* 1 year ago (3 children)

[-] [TrimHopp](#) 1 point 1 year ago

Can you expand on why not to volunteer for SDV?

[permalink](#) [save](#) [parent](#) [give gold](#)

[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I could write a book.

What most SEALs don't get until they've done SDV is that the reputation that SDV sucks isn't the same kind of thing like, "BUD/S sucks" or "Hell Week sucks". SDV isn't hard, it isn't challenging. There is no reward, it just sucks. It sucks like Justin Bieber sucks. To quote a great man, it's a "chicken shit outfit" being run but career advancement minded Officers who put themselves above their men to accomplish a mission that they won't even tell you about but often times involves nothing more than corporate espionage, which isn't something we should be engaged in anyway. You'll be treated worse than the technicians you work with because you're more replaceable than they are and they have thinner skin than you do. You'll be surrounded by people who have been dodging the war for the past decade. You'll be underutilized and over abused.

I haven't met a good team guy yet who went to SDV and didn't say, "that place is bullshit" within a year.

[permalink](#) [save](#) [parent](#) [give gold](#)

[-] [crazy8ball17](#) 1 point 1 year ago

How does SDV have such a radically different reputation from the regular Teams? Is it because they're out in Hawaii, away from everyone else, that they can become pretty lackadaisical and complacent?

When you say dodge war for the last decade, meaning guys can refuse to deploy with their team? Or do they do it more subtly, but painfully obvious to other SEALs, like 'having marriage problems I need to sort out, baby on the way, etc'. Reasons they give again and again to avoid going over there?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

SDV has a radically different mission set than the rest of the Teams. It's a diving command that should be run by the special diving guys but the SEAL O community won't give it up because it allows 03's and 04's to do extremely high level DOD missions, giving them instant career points. It's not a matter of it being lackadaisical, just that it's not a SEAL mission.

That's pretty much exactly what guys do. Excuses.

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[-] [Class268Dud](#) 1 point 1 year ago

Just wanted to say as a BUD/S dud who did 2 months of pre-indoc in summer, and classed up in winter, they are difficult for different reasons. Pneumonia and general health concerns are a much larger issue for the instructors in the winter, and they watch you like hawks to make sure you're staying healthy and hydrated, but they don't have to push you as much because the elements are helping them to keep you disoriented. It's my experience that the summer beatings are a little more intense to compensate for the less harsh weather. There were many cloudy cold days in the winter months where I would ask the guy behind me in my boatcrew to pee on me just so I could feel something warm. You usually regret it a little after because the sand can chafe you and it stings but...you get over that fast.

[permalink](#) [save](#) [parent](#) [give gold](#)

[-] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

can confirm. was peed on.

[permalink](#) [save](#) [parent](#) [give gold](#)

[-] [guardian44](#) 2 points 1 year ago

First of all, thank you for doing this. I have a few questions:

-What made you decide to commit to becoming a Navy SEAL?

-Throughout your experience at BUDs, did you ever face a moment of adversity where you thought you couldn't make it? -If so, what was it specifically and what did you do to overcome it?

Last but not least, if given the opportunity, would you do it all over again and why?

-future hopeful spec war candidate (still taking PSTs)

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[-] [nowyourdoingit](#) [SEAL](#) [S] 10 points 1 year ago

9/11 I watched it happen and knew right then and there that some lucky guys were going to have the opportunity to go get the bastards responsible and end them. I wanted to be first on that list.

I didn't think I was going to pass Pool Comp. You get 4 tries. 2 on Fri and 2 on Monday. I failed spectacularly both times on Friday, finding out (rather inconveniently) that I apparently had a huge phobia of the water that Navy helped bring out of me. I had been hiding an injury since boot camp and over the weekend I considered my odds of passing and whether or not I should go to medical, tell them about my injury and get a med roll (you only get 1 skills roll and then you're dropped, but you can have a couple medical rolls in theory) or just go for it. I went for it and failed in 56 seconds on my 3rd attempt. So for about 2 minutes before my 4th attempt started I was sure I was done. I actually gave up on life and that's how I got through my 4th go. I would have rather died. Super dramatic right?

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[\[-\]](#) [tgif3](#) 1 point 1 year ago

how long did it take

get 1 skills roll and then you're dropped, but you can have a couple medical rolls in theory) or just go for it. I went for it and failed in 56 seconds on my 3rd attempt. So for about 2 minutes before my 4th attempt started I was sure I was done. I actually gave up on life and that's how I got through

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Low 16 minutes if I remember. Pretty quick actually. Average seemed to be about 18min.

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[\[-\]](#) [Team_Realtree](#) 1 point 1 year ago

What was the longest amount of time you went without air during pool comp?

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Probably 45 seconds. It's not really a breath holding competition. There's a lot more to it than that. Staying calm when you get the reg taken on an exhale and you have ride out the hit knowing the countdown is going, then working your problems. Actually, just worry about all that when you get there.

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[\[-\]](#) [flaccidcucumbers](#) 1 point 1 year ago

Could you explain pool comp to me?

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Probably videos on youtube, but basically it's a test to see if you can handle a series of "surf hits", where the instructors progressively screw up your diving rig in more heinous and heinous ways. During a hit, you stay calm while your mask and regulator are stripped out, the instructor maybe flips you or turns you upside down and bounces you off the bottom like he's using a pogo stick, then they tie knots in your inhalation and exhalation hoses, which are corrugated rubber LP hoses (not like modern SCUBA HP hoses that keep providing air when knotted). You try to fix the knot with the tanks on your back unless it's a "ditchable" when means it requires you to ditch the tanks, fix the knot in front of you, and then put the tanks back on. Ditching on a non-ditchable is a fail. If you get the "whammy" knot, (un-tie-able), you have to attempt the problem for 10-15 secs and then wave off, kiss the deck, and exhale to the surface.

It's just about dealing with the fear of drowning.

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[\[-\]](#) [ToxicKrusader](#) 1 point 1 year ago

What parts of pool comp were hardest? I heard the fuckin whammy knot is the hardest because you don't know when it's coming.

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The On/Off knot is probably hardest. The whammy isn't hard per se but it can be hard if you get it and you think it's too early. Remember you can't ditch on a viable, so if you get the whammy 9min in you're like "that can't possibly be what I think it is, got to keep working it.". Then you burn up 30-40sec trying to undo it on your back and by the time you decide to ditch you're out of air and in a panic and you mess up your ditching procedures.

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[-] [ToxicKrusader](#) 1 point 1 year ago

What do you mean you can't ditch on a viable? Is there any tell tale sign that it's the whammy knot?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

You fail if you ditch the tanks off your back when the knot can be freed while on your back. As a result guys will struggle with knots they can't free for a long time before deciding to ditch. You err on the side of it being a viable knot. Wait till 2nd phase to worry about this. I feel like I'm giving advice on a Bar exam to 5th graders.

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[-] [ToxicKrusader](#) 2 points 1 year ago

Hey, get it right asshole, 5th grade retards** haha sorry man I enlisted 3 months ago for an SO contract so I'm just trying to get some game. When you went in was there an 800 division in basic?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, they had just started that so half the guys were in Spec Divisions and half were in traditional ones. I was in a regular division. What an eye opener. I did not know people that dumb existed, let alone were the bread and butter of our military.

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[-] [ToxicKrusader](#) 1 point 1 year ago

Yeah, my girlfriends cousin is an Ensign and he can go on and on about the dumbasses who work for him, to the point that he kicked E-4 and below out of his office haha before hell week in first phase do your workouts usually consist of shit tons of push/pull/run/swim for indoc?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, 1st Phase is all calisthenics. Grinder PT's, runs, swims, log PT, land portage, etc. 2nd Phase we switched to a mix of crossfit style stuff, and 3rd Phase we got into weights a bit.

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[–] [AdmiralAkbar1](#) 2 points 1 year ago

How accurate are movies about Navy SEALs like *Act of Valor*, *Lone Survivor*, etc.?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

Lone Survivor was actually pretty good.

Act of Valor was nearly unwatchable. If you want the canonical version of the Navy SEALs you just have to go to the movie that shares the same name.....strike like LIGHTNIIIIING!!!!

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[–] [darkcity2](#) 2 points 1 year ago

How has being a SEAL affected your sex life?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

I met the woman I'm going to marry through my time in the Teams...so terribly.

In all seriousness, and this is probably not the forum to do this but if anyone out in reddit knows anyone researching the effects of sustained elevated hormone levels and physiological demand on hormone production I'd love to talk about using SEALs in a research project.

We always heard rumors of a study done by the Navy which showed that on average Navy SEALs have the Testosterone levels of 13 y/o girls. I'm not a doc, and I'm def not an endocrinologist, but if anyone is and wants to contact me I think there's a lot to be looked at there. I know a few guys, myself included, who got tested and had very low levels of blood serum Testosterone. I was also tested at my Team with an indirect calorimetry machine during a resting fasting period and found to have a BMR of over 4,200 a day.

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[–] [darkcity2](#) 2 points 1 year ago

Wait...what?

I meant does using the SEAL card make it exponentially easier to get girls.

But your response is far more interesting...are you saying SEAL testosterone levels are unusually low? Does that mean it's hard for you guys to get it up? Sustained elevated hormone levels?

I'm a bit confused by your response but would love to have you elaborate.

If you're saying SEAL levels are unusually low, that makes a lot of sense to me. Everyone I ever knew who was interested in joining the forces was, in my opinion, insecure about their masculinity and "out to prove" something. (I'm not presuming the same thing about you though, since I don't know you.)

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[–] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

It does but guys that play the card are rightfully shamed when caught.

Yes, the rumor is that it's a widespread problem.

No, it has nothing to do with sexual function. That is to say, the levels aren't leading to widespread ED. Just taking a very uneducated guess, it seems like maybe the same thing that happens to our Cortisol levels. This is a proven phenomenon, where SEALs, because of the chronic states of extreme stress have higher waking cortisol levels as an adaptation. I would guess that we generally have less available testosterone because we use it up and unlike cortisol, our bodies can't raise the supply high enough to meet demand. That's just a guess.

I don't know, but it would be interesting and worthwhile to sample Testosterone levels before and after BUD/S. I think the average going in would be normal to a little high Testosterone. These tend to be pretty Alpha, hairy chested dudes. Just once you're through the training and doing the job we get these chronic injuries that never go away and I would guess insufficient Testosterone would be part of that.

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[\[-\]](#) [darkcity2](#) 2 points 1 year ago

Oh, I see. You're talking about testosterone depletion.

That would be interesting to look into. Wish I could help; good luck!

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[\[-\]](#) [miasm](#) 1 point 1 year ago

I have been dating my boyfriend for just over a year with great open communication and have even done long distance for a large part of the relationship. He has made the decision to try to join the Navy SEALs and will be receiving his contract shortly and I have been 100% supportive of his decision to chase his dream. I am an independent young woman who is building her career and hoping to go back for a Masters as well, so I'm not going to constantly worried that we don't communicate frequently, plus that's not my nature. As a nationally ranked swimmer and professional Ultra runner, I know that he not only has the physical capability but the mental capability to zone into what he is doing and to get the job done. However, he does feel worried that since BUDS is a huge mental game, that our relationship might be a potential hindrance to his success. I feel curious to know what your thoughts might be, is his fear founded? Are relationships not a good idea when joining the Navy? If he is worried that I could be a hindrance, couldn't his family be too? I understand that sitting shivering in the surf, tired, hungry and disoriented that anything could start to sound nice, but that's the point; for you to recognize that your mind is your tool and that though your body may fail, that its all in your head and you don't quit because only then do you fail.

Thank you

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

OK here's the thing. And its really important. You can not allow yourself to be his excuse for quitting.

I saw a dozen guys or more come up with some Nobel reason why their wife, gf, family, whatever needed them. I can't imagine that's good for a relationship.

Now married guys and guys with gf's get through all the time, and when they do I think they tend to be

couples a lot more like you, where both partners are strong and capable. That's what he needs to understand, that you support him, that you're there for him no matter how it goes, and that you don't need him one bit. If he makes it, these will be important characteristics to foster in your relationship because he'll have a lot of demands and you'll be sidelined on occasion.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sorry. On mobile. If he pulls the, 'must cut all ties to be %100 focused move' I would let him. He'll probably snap back to his senses once the adrenalin is replaced by mind numbing boredom in boot camp. You want to give him plenty of space. Like a parent watching their kid play on the playground. Just be there when he comes back.

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[\[-\]](#) [miasm](#) 1 point 1 year ago

No problem! I really appreciate your thoughts, your impressive prompt response and for taking time from your day. After discussing both our thoughts, he decided Monday that we should break up. Receiving his contract soon we are guessing he'd go to boot camp December/January. It feels difficult simply because I support him. He did say that he could be making the wrong choice but for now it feels like the right choice, which I believe must be difficult. He would like to keep talking so who knows what will happen. It's not fun but I would much rather have him try, preparing himself how he feels is right and not make it, than stay together, not make it and wonder.

Thank you again, Have a wonderful day!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Like I said, he'll probably come to his senses pretty early on. When you're first looking at going in it, seems like you're about to step into the Thunderdome. You want to be all warrior monk purified for the trial ahead, but pretty quickly you realize that its going going to be a long and mostly boring road. I don't know enough about your situation to offer really sound advice, but if you really love him and vice versa, try to get him to understand that if he does get some free time (which he will), you're still there for him and would love to hear from him.

Most guys are calling friends, family, wives, and girlfriends on weekends, even during 1st phase. It's good knowing someone out there cares about you. I think its important that when the time comes though, they know its ok to be selfish about their own life. He'll probably have a, "I'm going to die" moment, and in that moment he needs to be ok with it and not worried about leaving people behind. Again, if you really love him, the best thing you can do is stick around on the sidelines for a bit while he deals with this. At the very least, keep pics of you and your new bf off of facebook.

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[\[-\]](#) [miasm](#) 1 point 1 year ago*

I just saw your response as well. when you say "allow myself to be his excuse for quitting" what do you mean by that? I don't mean that in a defensive tone. I had explained to my guy that if he wanted no

contact during basic and BUDS, I wouldn't take it personally and I support it if it helps, I really want him to make it since he really wants it. He did say he agreed that things could work out and felt confident that we could make it. However, his concern though is that mental bit. The fear that he could just say "forget it, it sounds better to go do xyz." ..which of course is the point of BUDS, to weed out those individuals. So although he can be mentally strong, he worries since you can be so out of it that he'll have those thoughts, he wants to minimize his chances by what he can control, which is our relationship. In a nutshell, I'm not sure if this is a bit of a cop-out answer on his part, or as you said, its this adrenaline of covering his own ass that is driving his thoughts at the moment.

Thanks again!

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[–] [ClassicallyRocking](#) 2 points 1 year ago

First off, thank you for serving. Second, what was your role as a seal? were you on one of the seal teams?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

No worries. Yeah. I was a low level grunt.

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[–] [crazy8ball17](#) 2 points 1 year ago

Any major injuries sustained from van brawls?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

Me. no.

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[–] [SORRYFORCAPS](#) 2 points 1 year ago

What are your thoughts about Chaplaincy?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

No business being a military profession. Drain on the taxpayers and waste of everyone's time.

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[–] [SORRYFORCAPS](#) 1 point 1 year ago

Would it be safe to assume you have never used your military Chaplain?

Out of curiosity, what is your religious, if any, background?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

I'm not even sure how someone goes about "using" a military chaplain. Not sure that's even a cogent concept. Atheist, like most SEALs.

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[\[-\]](#) [makaio5](#) 2 points 1 year ago

Sir, thank you for you service. If you have time I have a few questions for you.

I am a sophomore in college, and am striving to go to OCS then BUDs. I was wondering about the leadership qualities/habits you have observed/learned while being in the teams.

Also, do you think life after the teams is different for an officer vs enlisted when it comes to finding jobs?

Based on your knowledge, what definitively separates SEALs, Rangers, MARSOC, and Green Berets from the other?

Lastly, I read several times in the comments you mentioned BUDs Prep...is there an officer equivalent?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 6 points 1 year ago

In reverse order: Officers will be prepped by their time at the Academy, which has a special program just for SEAL wannabes, or by Motivators that your NJROTC should put in touch with. You need to be self motivated though as your qualifying standard to get accepted into the program are much much higher, in terms of competition.

The water. It's the hardest operating environment and if you can excel there like we do, everything else is easy. Rangers and Green Berets are much more conventional and of course in terms of quality of life, you'd be in Army, which means Fayetteville in stead of San Diego. MARSOC is looking to be a good program but its still sort of the bastard child that the Marines don't really entirely want. I think the Marines view a spec op component as evidence that the Marine Corp is not Spec Op, which they don't like to admit.

SEAL O's, for a large part, after the first few years, tend to do what all O's do, which is spend 90% of their time worrying about their careers, resumes, and future attainments, and about 10% worrying about the men they're responsible to. This is a bit of hyperbole, but it speaks of the traps of worrying about your career and misplacing your focus, which most fall into. Anyway, as a result of this, their resumes tend to look a lot better and a SEAL O can pretty much write his ticket anywhere. Read any admissions officer's blog about how to get in to Harvard Business and they'll start with, "Are you a Fortune 500 CEO, Navy SEAL O, or Astronaut?"

The best leaders I met in the Teams, O and Enlisted are the ones who worry about the Mission first, the Boys second, and themselves third. They understood that the flip side of saying to a bunch of hungry, pipehitting, alpha males, "I'm the boss." is that you goddamned better back that up by earning our respect. You also better consider it your entire job to protect the men from the bullshit coming down the chain of command and understand that if you are trying to cover their backs, your men will try to cover yours.

Also, if you ever get to the point where you're saying, "in my day." just fucking kill yourself.

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[\[-\]](#) [makaio5](#) 1 point 1 year ago

Sir, Thank you for your time and detailed answers!

I constantly try to learn more about the special warfare community through articles, speaking to the men themselves (such as this), and by reading books. I find that the internet articles are a bit naive and repetitive. The books are invigorating but I take the stories with a grain of salt. It is interactions such as this that give me the information I want and the confidence I need to solidify my hopeful future in the NSW community. Once again,

thank you.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

No worries.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

I know no day is exactly the same but could you try to go through a typical day in First Phase?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago*

Well first thing you need to know is only the Class Leader has a watch, so the times of evolutions aren't something I have a very solid memory of.

Basically it breaks down like this

- 5 am muster
- First evolution which might be 4 mile timed run, grinder pt, maybe other stuff but I don't really remember because that's balls early.
- Run to breakfast
- Run back and do another evolution, which might be boats, or logs, or o course
- Run to lunch
- Run back
- Another evolution, which could be a demo-pit or state beach run, or fuck fuck games, or who the hell knows.
- Run to dinner
- Run back
- Maybe you have a nighttime evolution like night rock portage or some other bullshit (I'm having unpleasant flashbacks trying to mentally put myself through a day of 1st phase....and I liked 1st phase.
- Interspersed you have all kinds of fun activities like musters, room and uniform inspections, beatings(pt sessions designed to hurt), beatings(Instructors getting pissed and hitting you), surf tortures, proctor time or whatever the hell that was called.

I don't want to spoil all the fun. The thing to remember is that there is a schedule, though you won't know it, and the Instructors rarely change it, so if all of a sudden your class is getting their asses kicked, "because you suck so much," odds are it was on the calendar. Having said that, sometimes you really do earn your extra punishment, so don't get emotionally hurt by it, but do take it as motivation to perform better.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Sorry, this is what I [meant](#).

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

One of the DOR's on sealswcc came back on and told us that he loved every second of BUD/S (he dropped because he couldn't keep up with his boat crew) and he especially enjoyed his instructor cadre. He expected them to be hardasses and there to make his life miserable but he was shocked to find out they were incredibly laid back and great guys to be around and learn from. We're yours the same? How would you describe the instructor cadre at BUS/S?

Did you have to get up in front of your platoon on your first deployment and recite that speech that they did in Lone Survivor?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

He dropped because it sucked and he didn't want to do it anymore. Don't ever believe those 'noble' excuses. They're like humlebrags. "I put the guys before myself and did what was best for the team." Bullshit, motherfucker.

The majority of Instructors are awesome dudes, but you aren't going to see that side of them until later into training usually. Your Class Proctor might be a hugger and hang out with you guys on occasion, but generally speaking they're all there to do a job, and that job is making your life living hell....and they enjoy it....and they're good at it.

I remember having a real, "Oh, shit." moment when we got our Class pictures, which are all the pictures that the navy photographers take of your class as it goes through training, like thousands of them. You usually don't even know the photographers are there, but after it all over you get this cd with a few thousand photos of suf tortures, log pts, hell week, inspections, etc. etc.

Anyway, I'm looking through them looking for myself, like you do, and I keep finding pictures capturing me in a moment of sheer panic/pain and right behind me is an Instructor mugging for the camera. Of course, at the time all you know is that Instructor is in your shit and as mad as any human you've ever met before, so it was a wake up moment to see that, in reality, they're just hanging out on the beach doing their job. Coking and joking. Don't take things personally. Work at being the best and remember that you'll be working with these guys in a year or two if you make it through.

No. A lot of that kind of silliness has gone by the wayside. I'd rather have my new guys memorizing Emergency Procedures and programming radios, or fucking shooting, useful skills. I've got a feeling those games will be coming back as this new generation that missed the war fill in the leadership roles left by the warfighters who are getting out.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

What were your favorite/least favorite obstacles on the O-Course? Did you ever see anyone fall off the 3-story platform when they were trying to climb up the Slide For Life? Or do the platforms overlap so you can't fall down?

Recommend going to BUD/S with a little meat on your bones to try to stave off the cold a bit? I've read the guys who are all cut up and ripped have a terrible time with the cold

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

I liked the slide-for-life, the cargo net, and the spider wall, and the weaver, and the high wall, and the dirty-name. I didn't like the belly crawl or the log roll. You look at the O-course as separate obstacles for a day or two, and then you start looking at your overall time, and how to get that down. Whatever your weak obstacle, you should be out there on the weekend crushing it over and over till it's second nature.

I saw a guy fall from the top, I think it was as he was getting onto the rope. The sand is pretty deep, so he was fine. The platforms don't overlap but you go through a hole in the center of the top platform so unless you fall off the rope it's pretty hard to fall from more than 30 feet.

You can show up to Bootcamp however you like. Your body will change there and at BUD/S Prep, plus you'll probably have a hard time keeping weight on at BUD/S.

Besides, everyone has a hard time with the cold anyway, so I'd rather be lean. Remember, some poor sonofabitch is going to be shoulder carrying your ass up and down a sand berm. If you're going to make it harder for him, make it because you're carrying a lot of extra shoulder and hamstring muscle, at least that'll help him when you're doing boats and logs together later.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

If you were to give 3 short pieces of advice/tips to someone about to go to BUD/S, what would they be?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

1. Don't spend more than 4 hours getting ready for a room/uniform inspection.
2. Try to get a room on the ground floor with a window facing the drying cages.
3. Don't be afraid to spread hate and discontent. Not everyone deserves to be there.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

3: does that entail violently calling out boat duckers/buddy fuckers?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Exactly

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[\[-\]](#) [Bleugrais](#) 2 points 1 year ago

Hey thanks for doing this, you have given some really good advice and insight so far.

I am contracted soon to go to boot followed by BUD/S. Am about 6ft 215 lbs and as you can imagine my run time is

still a bit slow (10:00 for 1.5 mi). I am trying to get down to sub 200 before I leave but in general do you have an idea of what kind of running times it takes to be middle of the pack or higher at BUD/S?

Also one reason I became interested specifically in SEALs is because how well NSW treats their own in terms of support relative to other SOF. Do you agree?

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Running in BUD/S is a different beast. For sure, being a bigger guy will be a deficit on soft sand runs just because you'll be less efficient (sink in more). For 4 mile timed runs, if you start out running sub 31 you'll be middle of the pack or above. The times drop for everyone as everyone improves so you need to be sub 27 later on to be middle or above. But that's not something to really worry about. People might be a little impressed by the guy who runs it in 24m, but not that impressed. Everyone likes the big dude that barely makes it on runs, but who is a beast under a log or a boat. Run times are a selfish thing. They only help you. Strong helps the boat crew. Even being a fast swimmer is better because you can guide for a slower partner (set the pace, keep the two of you going straight, hell even pull him). Fast run times, and a fast o-course are vanity things. Strive to do well on them but keep in mind that they don't help anyone.

As for the majority of the runs you'll do, which are demo pit and state beach, etc. etc. Those aren't time based. You can be a guy who's always in the back of the pack on 4 milers and who grunts it out and sticks with the front pack on a soft sand. Totally different animal. Like comparing competing in a 5k and tough mudder(which are gay).

NSW treats their guys the best of all. Maybe the Airforce is comparable, maybe. It's a numbers and a corporate mindset thing. 50k SF and the Army mentality of plug and play soldiers means they don't get the same level of training, gear or benefits. MARSOC get's a lot of good training too because the numbers are small and they're still agile and scrappy as a unit, but I've heard mixed reviews about whether that's a good thing. The problem there seems to be the reticence of the MC to acknowledge that not every Marine is Spec Ops, which is sort of a requirement if you're going to make a Spec Ops unit that doesn't include every Marine.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

You recommend strengthening legs with running and doing some Squat work. Could you give an example of a leg routine you might use to develop this leg strength a bit more.

Also have you heard of Dr. Kirk Parsley and his work with the Teams and sleep? Had a lot to say about some of the testosterone levels and how the guys sleep through deployment.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Had not heard of him but thank you very much for that referral. He seems like the guy to talk to.

If you squat 225+ then I like Smolov. It's not a beginner program but you can do half of it and restart.

If not, then one set of 20 every day, with 5 lbs increases every week seems to be a good beginner program.

Also, rucked step ups are a good and simple way to target the soft sand muscles, keep your heel off the bench or box you're stepping onto so you work the calves.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Look up leg blasters. We have a workout called "Fuck your face" which is 20 leg blasters for time. Don't do it more than a few times a month.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Is it true in first phase you might have to do thousands of flutter kicks in a single PT session? Or is that an urban legend? Would 200-300 4-count flutter kicks suffice?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think the most we did in a go was 500. 500 4 count. So 2000 flutter kicks.

We did over 980 pushups in a row one night. At least that was the lowest count anyone keeping track got. They're shit pushups, and shit flutterkicks, but yeah, you just keep struggling through. In 3rd phase we earned 8-counts by sets of 250. You might be out on the grinder doing 1000 of them by yourself if you messed up enough.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Is it all mental after a certain point or are there dudes physically fit enough to crank them out no problem?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I never had much trouble with flutter kicks. By my second 1st phase I could lay there and do them all day long. It's all mental to get to that point though. No one shows up able to do 1000 pushups no problem. The point is, maybe you're great at pullups, and when the class is doing a pullup workout its cake for you, but the run you're going to be doing in 10 minutes is going to kick your ass, or you can't handle the cold, or you get Achilles tendonitis. BUD/S is designed to make the wheels come off. No one is ready for BUD/S. Navy SEALs aren't ready for BUD/S, but we made it through and would again because the point is surviving when the wheels come off, moving forward, keeping fighting. You keep doing that long enough and you make it through those barriers and they get easier, but it's the breaking through that BUD/S is all about.

Watched Chris Hadfield's TED talk today about fear and danger. People think that BUD/S is the mission. BUD/S is the preparation. BUD/S is walking into spider webs. That's the point, and that's the fun of it. Get yourself in a modicum of shape so you can pass the standards, and then get your head right to walk through spider webs.....of pain.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

Haha last time I did a set of 10 leg blasters I couldn't sit right for a week. I don't think I could have jumped over a phone book if my life depended on it. after that.... That burnnnn

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yup. Best thing next to actually running up a mountain.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

We're you able to spend some quality time with Old Misery?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yup. 2 or 3 sessions on it. I think they actually use it as a bit of a break for struggling boat crews sometimes. It's terrible, but it's different so it kind of lets you shake out from say.. forever lunges. The worst are the log sprints. Holding the log between your legs with everyone facing down the length of the log and doing remediation sprints smokes your legs.

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[\[-\]](#) [NorthernLad4](#) 2 points 1 year ago

Thanks for posting here. I'm not sure if this has been asked yet or not, but was it worth it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Yeah, it was.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

Has your opinion of the threat of ISIS changed at all since you started this AMA? With reports saying there could be a possibility of 25k combat troops being sent in, do you expect this to be a drawn out engagement where a lot of SEALs are involved?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. I would bet that there will be some guys getting deployed for FID and advisory roles. There are guys in the region now, calling in airstrikes, etc. but this isn't going to lead anywhere. That's my guess anyway. At least it shouldn't lead anywhere. We could crush ISIS economically if we put a stop to the black market oil trades they're making. We (our govnt) don't want to stop them, they're a great distraction.

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Would you agree that ISIS probably has the greatest logistic capacity of any terror group, some people are saying that they're making up to 3 million dollars daily just through their illegal oil sales. Would you still see any ground

involvement in Iraq as unlikely if they were able to pull off a large scale terror attack? I assume theyre capable of a major attack against the west because of their sheer numbers and income.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

I think the US DOD has the greatest logistics capacity of any terror group. We're probably spending more than 3 million a day on jet fuel to fly drone and fast mover sorties over the middle east. Fuck ISIS. We have much bigger issues to worry about than a bunch of shitheads in the desert. You're so much more likely to be killed by a shmuck cop rocking military grade tac gear than ISIS it's not funny. We're engaging in unilateral assassinations in sovereign nations (which I'm totally cool with as long as we're doing it the right way, i.e. with covert action, deniability, and precision, not this drone strike collateral damage no rules bullshit we're doing now to the detriment of our global standing and to basic human dignity and liberty).

No one is capable of major attacks against the West. The fact that you assume that just shows how well the civilian leadership have stoked the fears in the west. Terrorism is about punking people. Doing things to compensate for the fact that you're tiny and weak. Paying attention to ISIS and considering them a threat is exactly what they want. Fuck them. You don't have to fear them. We don't need more funding for the military. We don't need more invasive violations of the Constitution and our basic liberties to protect us. You need to go read a book, and fall in love, and help your neighbors with some yard work. If ISIS actually gets to the city walls (as it were) someday, my friends and I will hunt them like rabbits.

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago*

hahaha I inspired quite the rant there, ive never been told to go read a book before, that had me and my gf laughing for a good ten minutes.

-anyway, I think you misinterpreted my question a little bit, I don't think anyone in their right mind believes ISIS is capable of setting foot on any western state or actually believes theyre a threat to national security, I was more thinking along the lines of events like 9/11, the Oklahoma city bombing, or the London subway bombings. What I was getting at is that Al Qaeda had no where near the capabilities, funding, and manpower that ISIS has now and they were able to pull off an attack that spurred a pretty large scale ground invasion of Afghanistan. Again im thinking something like 9/11 or the London subway bombings, not pearl harbor or another serious national security concern like it. If ISIS pulled off an attack along the lines of 9/11, which they very well could, any asshole with some decent money and a reason could do something like that, maybe not in the US but in some other NATO state do you still believe that the dod would avoid a ground assault?

-ps you were actually spot on with that figure about the daily jet fuel cost

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

To be fair Al Qaeda was "decently" funded. Among many sources such as heroin, they were funded by rich Saudis, who also fund ISIS. Can't forget Bin Laden came from an incredibly wealthy family. And while he was disowned, I'm sure he had his own wealth to pool.

Don't forget too that the U.S. supplied and backed al-Qaeda against the USSR in the 70's through 80's. Once the USSR left, they got their weapons too.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sweet, that was a total guess, but having seen the ironic way in which the DOD tends to send money I felt pretty good about making it.

We like to frame 9/11 in the light of some terrorist masterminds spending years and hundreds of millions of dollars to pull off the greatest feat of terrorism ever. The reality is a couple of guys with box cutters scared a few flights of people into submission and then flew into buildings. I have had zero flight training and I'm pretty confident that I could get into a 747 today and steer it into a building. The reality is that asymmetric warfare doesn't require huge amounts of funding or logistics capabilities, that's the whole point of it, do the most damage with the least amount. ISIS is a regional threat because it is well funded, increasingly well armed, and controls territory. If they want to continue to expand, they have to motivate people to join (beheading videos are great recruitment) (and we consider that barbaric but what is [this](#)? It's a recruitment video showing off the guys that kill terrorist, we're so civilized we don't show SEALs beating dudes to death or imploding skulls with 5.56, but that's what's implied), and they have to win ground campaigns to annex new territory and spoils. The people who need to be concerned about ISIS are the people living in the region. We keep mixing up (intentionally, I believe) the vague and ever present threat of terrorist attacks with actual geopolitical conflict. You don't need the NSA for geopolitical conflict (not in its current capacity and current mandate), and you certainly don't need the goddamned TSA. Germany's invading Poland? better start the full body scans in LAX.

I follow US news, but I'm not in the US. The rest of the world doesn't talk about ISIS like we do. The rest of the world is focused on more important issues. Were talking about ISIS while China is about to crack the whip on hong kong. We need to be supporting what's going on over there right now.

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Yeah thats pretty crazy how much the DOD is spending annually on jet fuel, they budgeted 16 billion and it gets up to almost double that some years.

So if there was another terror attack along the lines of 9/11 do you believe the DOD would react differently than they did post 9/11 where they sent fairly large conventional units (I believe they sent elements of the 101st and 10th mountain) over to Afg, along with quite a few SOF elements. By that I mean do you think they'd opt for a smaller footprint and do something like send in JSOC guys or drop some bombs where they believe high ranking members of the group responsible were located. What do you think about the way the DOD is combating terrorism right now, do you think being "proactive" is a wise choice, like how they're sending in DN guys to hit high ranking members of al shabaab, I know you don't agree with drone strikes is it the collateral damage specifically that you don't agree with or the fact that deniability isn't possible when everyone saw a hellfire come out of the sky or that an air strike isnt always effective against a target like a terrorist because they could be very hard to identify from aerial surveillance.

You make a very interesting point about the rest of the world not making much of a deal out of ISIS I hadn't noticed that, I follow al Jazeera and only noticed after you said that that even they rarely report on ISIS, at least no where near as much as CNN, there's definitely a tendency for American news to focus on anything that involves blood

Is there any particular International relations theory or combination of theories that you believe a country like the US should follow, I figure youre not too happy with the combination of neo-realism and neo-liberalism (as complementary theories) that could fairly accurately describe contemporary international relations. Like are you big on any of the alternative IR theories like social constructivism, etc

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Insane is a better word.

The DOD really gets its marching orders from civilian leadership. The DOD won't respond, DC will using the DOD. So my expectation of another serious terrorist attack on Americans is that it will continue to be business as usual. DC will make statements about bringing those accountable to justice, JSOC and the Intel guys will be told to find them. Literally exactly what's going on right now, except with a higher profile or possibly new target. I don't see it resulting in a ground war as using a terror attack as justification for regime change has gone stale in the US.

I disagree with the use of drones, as they're being used now because of all the reason that John Oliver makes in his segment about combat drones. It's bad business at the end of the day to have 20 somethings sitting at a command center be indiscriminately or vaguely discriminately executing people around the world. A JSOC DA is not going to make us any friends, but people can at least appreciate that those guys are warriors risking their lives to kill dangerous people. Not a mysterious menacing robot plane hovering overhead with instant death seconds away.

I don't think any of the theories satisfactorily accounts for all international relations. Social constructivism will play a greater dominance as we get closer to post scarcity.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I like the bit about civilian leadership and terrorism. Reminds me of why the NSA exists... to prevent terrorism like the Boston bombing! Oh...wait.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The NSA existed a long long time before asymmetrical warfare or terrorism were on any ones radar. They have expanded their scope, budget, and freedom of action through the threat of terrorism. Most of the programs that we're learning about now were technologically conceived and implemented before 9/11. 9/11 was used as an ex post facto justification for things they were already attempting to do.

I want to make this as incredibly clear as I can. I am a sane, rational, human being who dearly values

the worth of a human life. Having said that, I could do unspeakable things anywhere in America, and I'm honestly not that well trained. The idea that the NSA somehow protects us is a huge folly. I did a bit of red cell work while I was in the Teams, and I've gotten in to some of the most secure facilities on Earth with relative ease. Defense is always a losing proposition. The attacker only has to get it right once. The way to stop something like 9/11 is what happened on Flight 93. Have a competent, unafraid populace that will react to threats on their own. The way to stop terrorism is to take a hard look in the mirror about our foreign policies and to make a concerted effort to quit pussy footing around the fundamentally dangerous nature of all religions. Islam, can't be destroyed until Christianity is likewise destroyed. You don't get to keep some gods while you kill others for their gods. No gods, no bullshit dogma, no state religion (Stalinism, nazism, etc.). Just a world population of free men and women who can choose to associate how they please within the confines of a maximal ruleset. No murder, no theft, no fraud, kind of rules. Not, "removal of this mattress tag is punishable by up to 5 years in prison" kind of rules.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I'm enjoying the more passionate side you speak from. I hope guys at BUD/S and hopefully in the teams care or even know about this sort of stuff.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There are plenty of guys that do and plenty that don't. You don't spend a lot of time talking politics in the Teams just because it's so outside of your scope of participation. You are an apolitical tool of the system, so you focus on bullshitting about workouts and women. Again, it's not that guys don't know or care, you just don't get a vote, so why harp on it.

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[\[-\]](#) [nighthaulk](#) 2 points 1 year ago

How many times did you shit your pants during BUD/S? I'd imagine there would be a lot of "when you gotta go you gotta go" situations.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Maybe half a dozen. I remember it happening on a run during Hell Week and thinking, "Wow, glad my pants are unbloused, that was a full log of shit." Happened during underwater knot tying too, chicken necked for too long and shat myself. Lot of guys got VGE from TJ during Hell Week and it was just nonstop after that. Usually you can hold it till you get a chance to run into the ocean and have a proper squat, or even use a porcelain throne, but if not, whatever. Bigger things to worry about. Actually....not pissing your pants becomes weird by the end of Hell Week. I know quite a few guys who pissed their nice pants that first weekend. You got to piss you just piss, stopping to whip it out and find a toilet or bush seems ridiculous.

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[\[-\]](#) [rutro123](#) 2 points 1 year ago

BUD/S prep seems to focus around the PST and high rep bw exercises. Thoughts on what strength standards to have (squat, deadlift, military press, and bench press) prior to BUD/S? This particular article caught my attention: <http://www.havokjournal.com/fitness/military-and-special-operations-fitness/>

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[-] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

That was a long winded article. Strength is king. You don't need tons of strength to get through BUD/S. In BUD/S, endurance is king. The SEAL standards are basically <http://www.crossfit.com/cf-journal/WLSTANDARDS.pdf> . You're aiming for advanced in every category. Most guys can't do that in BUD/S. Once you hit SQT you'll switch to more of a strength focused routine and most guys will be at least intermediate or better at everything.

TL:DR ignore the strength standards prior to BUD/S. Do high reps body weight exercises. Strength training should be focused on legs and shoulders.

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What do you think we should be doing to strengthen the shoulders. As far as strengthening legs should squats and deadlifts be enough, or should we throw in anything else. I remember you saying to do squats instead of lunges, why is that? For squats and deadlifts should we be going for max weight or like high reps with lower weight? As far as high rep workouts, how high, Im doing like 4-6 hundred pushups and anywhere between 60 and 200 pull ups (cant do dips at the moment my shoulder is fucked up) with plenty of bodyweight squats and sit/crunches and like 1000 flutter kicks per workout thrown in, doing this every other day, is that solid or should I be going for higher reps?

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[-] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Standing press is the king of shoulder work. Do plenty of arm circles and high rep dumbbell stuff as well.

Squats are a more targeted exercise for the rear chain than lunges. One legged box stepups are a good squat substitute if you don't have a power rack.

Mix things up. I would focus more on higher rep work, but occasionally cycle in some some 4 x 8 sets or 5 x 5 with high weight. Endurance balanced with strength. You want to do BUD/S with as little excess body weight as possible, so you want strong lean muscle that can move your body weight and a bit of extra around all day.

You can probably come down in your reps, especially if you need to rehab your shoulder. Cut down on the pushups a lot. Do cut out high rep days altogether, but I would focus a bit more on quality over quantity. Try doing 50 pullups with 20 lbs in a pack or around your waist, in as few sets as you can, so maybe 10, 10, 8, 7, 7, 5, 3 or 25, 25 if you're a beast.

One tip for your shoulder, learn to bench with proper form, traps pinched and lats pulled down, and try to hold that when you do pushups. Creting that solid benching platform with your back muscles will stabilize and protect your shoulder during pushups.

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[-] [joe_buck_yourself1](#) 2 points 1 year ago

Mr. Lahey: Randy... I got \$100 here for groceries, I got \$1400 here for liquor, and I got \$6000 for you to go and bail out a couple of shit puppets. We might need a couple of more shit puppets for our play, and they gotta be angry shit puppets, Randy... and you gotta make em angry shit puppets, and you say whatever it takes to make them angry, but they're not angry at us Randy. Shit puppets are supposed to be angry at other shit puppets... take the bus.

Randy: Mr. Lahey, they could kill one another.

Mr.Lahey: Wouldn't that be nice.

Randy: Yeah, but we can't be involved with murder.

Mr. Lahey: (confidently) Exactly Randy.

Randy: Mr Lahey is this you talking or the liquor?

Mr. Lahey: Randy... [Lahey takes a big sip out of his liquor bottle] Mr. Lahey: I am the liquor.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

A favorite in the Teams. Every time we cleaned the Hell Box TPB was in the DVD player.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Good shit. My friends and I love it, and quote it all the time in the halls at our HS.

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[\[-\]](#) [ekleiss45](#) 2 points 1 year ago

What terrain was most fun and challenging to work in, such as desert, urban, jungle warfare? I feel like working in an arctic setting would awesome, but also incredibly difficult.

How extensive was your survival training in these jungle, arctic, desert etc. areas?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Most fun is probably urban. Running and gunning without a lot of extra crap. Desert, jungle, and arctic are all challenging for their own reasons. The survival training is thorough in all environments, maybe not extensive but thorough.

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[\[-\]](#) [OsamaBinBalling](#) 2 points 1 year ago

How did your parents react when you told them you wanted to be a SEAL? Did they think you had a realistic shot of making it through BUD/s?

Do you think all the drama coming out from former TGs like Bissonnette and O'Neill talking about the UBL raid is

going to have a long lasting affect on DN(and in general)? Would shit like that actually affect whether or not DN should be chosen for certain ops over other units like CAG? Or is all this stuff kind of irrelevant to current operators?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I'm sure it's mostly irrelevant. There might be some army flag guys arguing that SEALs are loudmouths and hollywood but they've been saying that shit for 30 years. DN get's the missions because they're the best. end of story.

My parents were supportive. I think they were a little concerned for me, but they did a good job of portraying confidence.

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[–] [clancy25](#) 2 points 1 year ago

If you can recall, where would you rank yourself physically with you class? Would you have considered yourself one of the more prepared or just middle of the road compared to all of the other students?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Middle of the road. I did the most pullups by far, but my run times were slower than 2/3 and my swim was in the top 1/3. In terms of strength I was near the bottom 1/3. Couldn't bench my body weight. Struggled doing buddy carries up berms. My running improved and I was probably in the top 1/3 by graduation.

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[–] [nighthaulk](#) 2 points 1 year ago

Which mountains have you climbed? Which ones are on your list?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Nothing spectacular, bunch in the American Rockies, a handful in the Andes. Top 3 climbs on my list are Superdomo, Excocet, Supercanaleta. All three were left unfinished on my last trip to Patagonia for various reasons. I'm trying to hold off on the big boys (6k+) till I'm older.

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[–] [apalebluedot](#) 2 points 10 months ago

I'm guessing you've gotten over your extreme fear of heights?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 10 months ago

I don't think you get over some fears, you just learn how to deal with them. Ledges still scare me.

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[–] [Maritimer86](#) 2 points 1 year ago

Can you comment on what the SEAL community really thinks of Bissonnette and O'Neill? The media has made it out

to look like everyone within it has utter disgust and hatred for these two guys. While I'm sure some guys are pissed, I think all the dog piling, shit talking, and "open season" crucifixion on the internet is ridiculous.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No one I know has anything but respect for those dudes. There might be some guys who disagree with any public speaking by SEALs whatsoever, but for the most part this line about "violating the ethos" is coming from the coolaid drinking career political leadership "within" the SEAL community, guys who wear tridents but stopped being Operators long ago, if they ever actually were.

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[\[-\]](#) [crazy8ball17](#) 2 points 12 months ago

Do you think the percentage of SEALs suffering from PTSD is lower than lets say the number for the Marines and Army? I was reading that the number is very low for the SEAL community because the Operators knew what they were signing up for the- the possibility of going to war and fighting so they were mentally prepared it. And with the Marines/Army guys a lot of them were just shipped over pretty much immediately after boot and it was a huge shock to them to be sent off to the front lines

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SEALs are more grounded individuals I think. A lot of people join the military for MOOTW. How many people do you know that signed up because of the GI Bill and the steady paycheck and the travel or for adventure? That's 90% of people. Most of the remaining 10% that signed up to "go fight" have some hollywood mentality of what that means. They think it's going to be heroic and glamorous and they're going to throat chop OBL and save America. SEALs tend to attract guys that are realist and that know how shitty war is but are willing to go anyway. Most the hollywood guys don't make it through the training.

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Have you seen the videos from the French terror attack yet? They're saying it looks like the gunmen have combat training. What do you think?

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Decent groupings on the car windshields. They weren't spraying wildly. This wasn't their first time using an AK.

The driver was a cool customer, stopping the car where his passenger could go directly to cover and then going wide to flank and smoke that policeman.

They took the extra time to do a confirmation shot on the downed cop and check the street.

There's some amateur stuff going on as well but I'm not going to point that out.

I would expect they find out these guys were at least at a camp for a bit.

Couple of lessons from this:

1. Security is mostly an illusion. Killing people is pretty trivial business if you get to pick the time and place. These guys could be complete jerkoffs, but 12 people are still dead.
2. Going back to 1, we all live in the jungle. Heart of Paris = the jungle. Kinshasa = the jungle. Des Moines = the jungle. War is a gunshot away everywhere and anywhere. "Si Vis Pacem, Para Bellum."
3. Islam is a fucking problem. I'm not talking about "radical islam" or "fundamentalist islam". Islam. The Religion of. Is a fucking problem. We can't attack Islam in the battlefield of cultural ideas because of the moral relativism imposed by other religions who want to maintain some sanctity for religious thought. The truth is, anything that puts faith above reason is a fucking problem, but of those things that do that, Islam is the worst.

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[\[-\]](#) [Nidkid](#) 2 points 11 months ago

What kind of walls and surfaces can you reasonably expect to protect you from different kinds of firepower?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

There are FM's out there with all sorts of technical specs on this stuff. 18" of sand will stop a 7.62x54 round, blah blah blah. Basically you want as much cover as you can get. Most things are more concealment than cover, unless you're talking about solid concrete walls, serious earth, plate steel, or armored vehicles. In the US, you can pretty much expect anything to go through any wall, all the way down to 9mm.

Regular cars don't provide much cover from rifle rounds, so you want to be behind the engine block or a wheel.

Cover is not really something to rely on though. You have 45' of rock and dirt over head? Well, we'll just drop a MOP on you. Concealment is what you want, and you'll do best to assume everything is at best concealment.

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[\[-\]](#) [mikegymnastics](#) 2 points 10 months ago*

I'm 22, dropped out of college a year before finishing a useless degree. I'm looking for something that's challenging and hard. I want to shoot for the fucking moon while i'm on this earth, I don't want a boring ordinary life.

Thing is, I feel as if being a SEAL isn't actually all it's cracked up to be. I really want to go through BUD/s, I really want the camaraderie, I don't necessarily want to be running down some dudes in Afghanistan who are farmers by day and pick up an AK at night. If the Taliban threatened my family, I may do the same thing, in their shoes. I don't want to be used for some fucked political agenda. I don't want to deal with 0 transferable job skills after 4 years.

I still really want to be a SEAL, but i'm afraid it's for all the wrong reason. I just want the challenge, the teammates, and the good experiences. I want the hardships too...but I don't want to deal with shit bureaucracy, I don't want to see my friends die over a potentially shitty political agenda.

I find it unfortunate that the military is one of the only places where I can find a challenge that extraordinary. Part of me wants to join the Navy as a safe rate (CTN), do some cool computer shit, get paid well on the civilian side and possibly deploy with SEAL's/DEVGRU on some direct action missions. I'm pretty torn between the two options. CTN is hedging my bets...SEAL team says fuck it I want to be the most elite soldier on the fucking planet, lets go for it...

Any advice..? Thanks, you're the man...

Oh also, sort of a closing thought... The attitude you get from being a SEAL...The confidence...The I can do anything I set my mind too..Knowing that, truly knowing it. It seems freeing, it seems incredible. Am i romanticizing that feeling? Do you feel that way?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

You have a real solid grasp of the situation. If you still think you want to do it, and I understand that desire, I'd go all in on the SEAL contract. If you don't make it then you can roll into CTN.

It's more about knowing what your limits actually are and how far they usually exceed the demands. It is liberating. It's also depressing when you aren't being challenged anymore.

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[\[-\]](#) [HoleInTheAir](#) 1 point 10 months ago

Pretty much summed up my thoughts entirely, man. I'm also 22, still trying to find my way.

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[\[-\]](#) [Nidkid](#) 1 point 10 months ago

Same here, down to the college.. except I'm 21

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[\[-\]](#) [HoleInTheAir](#) 1 point 10 months ago

I did get a degree, but it was just kind of a "Oh shit, I need to finish and get a job" kind of degree..lol

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[\[-\]](#) [mikegymnastics](#) 1 point 10 months ago

Yup! I'm still pretty undecided..

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[\[-\]](#) [mikegymnastics](#) 1 point 10 months ago

Yeah, I do believe SEAL's draw a certain character type, haha. Still can't decide what I want to do ·^

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[\[-\]](#) [scaredofcobras](#) 2 points 1 year ago

I read and enjoyed American Sniper but I saw on a different a guy who worked in SOF that said Kyle's reputation is drastically different in the SOF community and he asserted that Kyle killed alot of innocent people that fell within the range of "military aged males" on some place at the edge of a town in Iraq. Do you know anything about this? Kinda shocked me when I read it so I was wondering if you were willing to share anything.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I wasn't there so I can only tell you what I heard, which is that yes, CK pretty much was out to run up his numbers and was shooting everything that moved. I've heard he was an average sniper in terms of skill, and a below average

person in regards of moral choices, and he racked up his high count not through incredible skill but rather just being essentially in a free fire area. Personally, being associated with him doesn't make me proud.

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[\[-\]](#) [scaredofcobras](#) 2 points 11 months ago

Damn dude that sucks. He was really jesus-ey in the book so it's doesn't completely surprise me he didn't hold the locals in high regard.

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[\[-\]](#) [totes_meta_bot](#) 3 points 1 year ago

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[\[-\]](#) [redwalrus11](#) 2 points 1 year ago

Do you ever balance a ball on your nose while clapping your hands?

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Only for my GF.

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[\[-\]](#) [redwalrus11](#) -1 points 1 year ago

Plot twist: I'm your gf.

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[\[-\]](#) [ZMild](#) 5 points 1 year ago

If you get verified I'll have a lot of questions, but until then I'm just gonna wait. You understand of course. Have you sent verification stuff to the mods?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 11 points 1 year ago

yup

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[\[-\]](#) [iancarroll](#) [\[M\]](#) 8 points 1 year ago

All good.

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[\[-\]](#) [ZMild](#) 2 points 1 year ago

Much appreciated. Can I ask what form the verification took? This really is a pretty rare AMA.

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[\[-\]](#) [iancarroll](#) [M] 3 points 1 year ago

Discharge and training documents.

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[\[-\]](#) [ZMild](#) 1 point 1 year ago

Thanks again man

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

This AMA could probably be turned into the most informational SEAL book out there, seriously. "Ask a Navy SEAL Anything". Just gotta find yourself a publisher, man

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Or call it 'Truth Behind the Trident'

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[\[-\]](#) [Nidkid](#) 0 points 1 year ago

Bump

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[\[-\]](#) [michaelg23](#) 4 points 1 year ago

mad respect to you

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 49 points 1 year ago

Pshhhh. Save that shit for the philosophers, scientist, and engineers who are making this world an awesome place to live. Mad respect to *you* Dan Dennett and Neil deGrasse Tyson.

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[\[-\]](#) [DaHockeyModsBannedMe](#) 5 points 1 year ago

Dude, you're a fucking frogman. A lover, a fighter

An American UDT SEAL diver.

That's a rootin tootin shootin paratroopin

SCUBA diving demolition double cap crippin'

Frogman.

You boys have my deepest respect.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

Cheers and thanks.

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[\[-\] Class268Dud](#) 0 points 1 year ago*

I was 267 originally and was rolled into 268 due to too many people coming in. I'd love to see some verification because your answers are all things you can learn from watching the 234 videos and I've run into 1 too many wannabe's. What class were you?

Assuming you are who you say you are, my apologies in advance, but as you know the only easy day was yesterday.

edit: How you dont remember your class number or why you wont give out a specific one is mind blowing to me.

Granted I don't know a ton of team members, only the few friends that stayed in contact after they made it, but they know their class number like the back of their hand, and its definitely not classified information.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 6 points 1 year ago

I know my class number. I'll verify with the mods. I'm not what you'd call a public guy.

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[\[-\] mr_rustic](#) 1 point 1 year ago

Could be that remark was made for the actual sake of ambiguity. OP is proly using the old school opsec method of saying what is needed, to whom it's needed. He said he passed that info to the mods.

I highly doubt this guy is stolen valor.

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[\[-\] Class268Dud](#) 0 points 1 year ago*

Right, except, I live miles away from wet side coronado, I have active duty friends on that base, and by experience know for a fact that this type of information is in no way dangerous to share. The likelihood of people having access to the information they would need to figure out exactly who this individual is, is about the same as the odds of that person being an NSA agent. I say that because you'd have to have access to some classified files to get anywhere near being able to sync up the information and make any type of educated guess

and to finish..if you have that type of access why do you care in the first place...you could be doing so much more..

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

Maybe I'm not worried about joe smoe. Maybe I don't want to catch any shit from classmates and make it harder to identify individuals I might bring up.

It's good to be skeptical, but I can tell you that the "class number" question isn't a litmus test for authenticity. Besides, mods have sufficient documentation.

"What color is the boat house at Hereford?"

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[\[-\]](#) [mr_rustic](#) 0 points 1 year ago

Shit, now I wanna see proof.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

What's your opinion of Green Berets? Do you think they are used more appropriately than SEAL's? Do you think they are as elite in their own way? Good bunch of guys? What's your overall impression of their job? Ever work with any Green Berets or here of people that have?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 0 points 1 year ago

They're much less elite. Green Berets go through a level of training and selection that, before entering the military, I thought all soldiers went through. Having said that, there are a lot of good SF guys. I think in general though, the SF mission isn't one that the US should have. The number of times we've trained our own future enemies is absurd. The guys running the security side of the Mexican cartels got their training at SF schools at Ft. Bragg in the late 80's. The SF trained guys that went on to be part of kill squads in Venezuela and Columbia. They trained the Taliban to fight the Russians. Guys in ISIS were trained by the SF. That's what they do. They shake hands with dirtbags, and they set up shooting ranges in third world countries to teach guys, that SEALs are going to have to go kill someday, how to shoot. FID is a bullshit mission that always results in blowback.

I've worked with them. Like I said, there are plenty of good ones, but with something like 50k of them, they're not very elite. Their selection process is a joke, and their training isn't that extensive, and they do a stupid job for the most part. (That's not their fault, that's DOD and policy maker decision making)

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Thanks a lot for the information! I'm very interested in special forces and despite some of the mentioned drawbacks of being a SEAL they do appear to have the best training and least bullshit jobs of the special forces in the US. This is excluding the very elite units like DEVGRU, of course. Would you agree with that statement?

FID in general just seems really sketchy...Training a future enemy sounds TERRIBLE.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. You're best off at a JSOC unit, but the best JSOC unit is only for SEALs, and you're best off as a SEAL compared to any other SOCOM unit.

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where does CIF fall on the scale in terms of training, are they more like SEALs? What specifically makes SEALs

better than the other special operations units like SF and the Ranger Regiment, do the SEALs have unique capabilities other than just being able to operate in a maritime environment , or is it just that you guys do the same stuff but are just more proficient because of a higher volume of training?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

The CIF guys are the closest to vanilla team SEALs. They're more DA centered ODA/ODB teams, which is basically what the SEALs are. The selection process for SEALs is tougher. You tend to have a higher caliber community because of that. There's really nothing extremely different about operational tactics between anybody. Most anybody could jump in where ever and be rolling pretty quickly. Using the AusSAS as an example, they do a lot of things very differently, (maybe you've heard the joke, Americans and Australians, two people separated by a common language) but when we interop with them, it flows very well.

There are of course things some people do better than others. SEAL platoons going into Afghanistan early on were sometimes working with the ODA guys on using mortars, because that's not a main part of our inventory and I honestly couldn't tell you how to accurately fire a mortar, never done it. Hence crosstraining. I'll say this, having worked with a lot of communities, you start to notice that the whoever is best tends to be the most talked about, and SEALs are definitely the most talked about. During 18D, all of the SEALs in my class were excited to work with the SF and Rangers, but the attitude that we got in return was usually pretty shitty. Also, you see guys who dropped out of BUD/S transfer into the Army and get on an ODA Team, but you almost never see the reverse.

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There is no such thing as a perfect job but hypothetically, one thing (change of a policy, give Os less power, etc.) that would have made team life more bearable or possibly would have even made reenlisting a possibility?

are you going to try to keep some sort of connection to the community or are you severing all ties?

do you watch any professional/college sports? I know your not a fan of the NFL

are guys with combat tours leaving with a better taste in their mouths? or even when they get what they signed for they still hated it

How does your buddy at force feel about his time?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 11 months ago

The underlying issue that poisons everything is the focus of senior leadership on pleasing their political overseers. That's the root of spreadsheet leadership, a lack of support or concern for the men, etc. The military is a business. Right now the C suite in the DOD are a bunch of Ken Lays, worried about appeasing the shareholders (politicians and mil industrial complex) at the expense of the actual business. As long as it looks good on a spreadsheet, they're happy, whether or not the reality is accurately reflected. Combine this with the philosophical gap between the career military who are now in the positions of rank who joined during a time of peace in order to "serve" or whatever, with

those of who joined during a time of war to fight.

I stay in touch with my friends. I want nothing to do with the DOD though.

I'll watch a game, but I'm not a raving fan. Sports are pretty boring compared to IADs, and it's hard to support someone who's making millions playing a game where the odds of getting shot or IED'ed are close to nil.

It depends. Some guys have good tours. I'd say close to 100% of guys get fucked over and dicked around in some way or another, but obviously some guys get a better shake than others. It's all so random. The more isolated you are from the rest of the DOD the better it seems like things go. So guys who deploy and aren't doing anything, but they're not doing anything with their boys and, most importantly, not dealing with the bureaucracy, seem to have a better time.

The only times I enjoyed being a SEAL were when I was training. When I was away from the Command and able to do the work I signed up for I was happy, but unfortunately there is too little of that and way too much of the other stuff.

Same same, and he got a combat dep to Iraq in the heat of things.

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Whats IAD stand for?

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Immediate Action Drill. when they show clips of SEALs training on Youtube. It is that

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Immediate action drill. They're the SEAL equivalent of a football play.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

So in lieu of doing SEAL things everyday since you weren't deploying or training as much what was your day to day like?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Come in at 9. Meet in the platoon space (small 5m x 8m office). Watch TV and bullshit with the boys for a while. Get some kind of brief maybe, eventually, from headshed. Go do the evolution or task we were briefed on. Hide out in the locker room or platoon space to avoid getting harassed by Team headshed. Leave around 4. Wait for everyone to go home then go hit the gym for several hours, so you don't have to interact with headshed.

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Was that a shitty day? What was a Good day?

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It was a shitty day, but a completely average one.

A good day would be any day you didn't have to shave. Any day you were out training and doing something was a good day, comparably. Hypothetical good day, (mind you these didn't happen a lot), is waking up at 7 and getting some food down, then hitting the gym for an hour before heading to the range for a couple hours of pistol and rifle work. Break for lunch, then back out into the field for 5 hours of IADs, and then quick break for dinner and back out for night IADs until midnight or later. Come back totally smoked from a full day of simulated combat, shower and rack out. That would be a good day.

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[\[-\]](#) [HyllianWalrus](#) 1 point 1 year ago

What types and how much training did you go through before you were called a SEAL?

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Google that if you want deets, but it's basically: Bootcamp+ BUD/S+ SQT= SEAL

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[\[-\]](#) [HyllianWalrus](#) 1 point 1 year ago

What was most challenging about the training and was there any one that was especially demanding in comparison to the others?

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It's different for everyone. A lot of guys, me included, will say Pool Comp.

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Thank you for taking the time, I myself am contracted SO, shipping in December so this is really great info.

- When did you know that you were going to make it?
- Do most guys who make it through Hellweek get pinned?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 4 points 1 year ago

When I got med rolled out of my first Hell Week. Allow me to explain. I went through so many walls in Hell Week that by Tue night I realized the only thing that could stop me at BUD/S was me. I didn't *know* I was going to get pinned till they called my name. SQT is stressful. You have a feeling that you'll get there eventually, but the threat of a

performance roll is very real. I feel like 75% did. Maybe a little more. That was a shock. How many guys you lose post Hell Week. 2nd phase is a big weed out too. We had a guy quit day 1 of 2nd phase. We had another guy quit on our first night dive. Just came up and said, "nevermind, not for me."

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[\[-\]](#) [Ryea1](#) 1 point 12 months ago

What is the most stressful part of SQT?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Easily CQC. Think 9/10 guys would say the same. Some O's might say land warfare but even most of them would agree, CQC.

The stress is different. The physical stuff doesn't bother you anymore, it's the stress you put on yourself to be on point. The Instructors don't help, but honestly, they could sit there and just quietly mark your safety violations and the stress would be the same.

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[\[-\]](#) [Ryea1](#) 1 point 12 months ago

I was leaning towards CQB just thinking about it. Thanks for your reply and time.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

No problem.

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[\[-\]](#) [penance_spark](#) 1 point 1 year ago

When did you start the process and when did you get your ship date? Really curious to know how long that process is.

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It depends, it was fast for me because I didn't need any waivers or anything. I talked with a recruiter, got scheduled for MEPS the next week, start taking PSTs with NSW scout, contracted in about 3 weeks after MEPS and 6 weeks after talking to recruiter.....but it depends on a lot of things, like how motivated your recruiter is to get you to MEPS.

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[\[-\]](#) [BuscemiEyesGoslinAbs](#) 1 point 1 year ago

How do you feel about the transition out of your time in the Navy, not just the big navy, but specifically from the life of a SEAL? I spent a good chunk downrange - admittedly not as cool as a SEAL, but I'd hold my own - and I'm always tempted to focus on combat-ish occupations despite having completed my degree and landing a good job. Also, I

fucking hate office work.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Yeah. This exactly.

Study for MBA. Then apply for a PS role. There has got to be a better way. There are too many young smart vets out there getting shelved behind a desk when we should be out changing the world.

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[\[-\]](#) [gibbie99](#) 3 points 1 year ago

So do it. Stop relying on the man to get you a job. Create your own op.

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This is very true.

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[\[-\]](#) [BuscemiEyesGoslinAbs](#) 1 point 1 year ago

Changing the world indeed, brother. Don't worry, generational shifts being what they are I think most of us combat tested and educated veterans can come into our own over the next 15 years. You know, so long as we can keep from blowing money on Cope and Military brand Vodka.

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My dream is to see a State of the Union given by a man holding a styrofoam cup spitter.

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[\[-\]](#) [BuscemiEyesGoslinAbs](#) 6 points 1 year ago

The address would have to start with, "Listen up shit-bags".

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followed by holding eye contact with each person in the room.

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[\[-\]](#) [BuscemiEyesGoslinAbs](#) 1 point 1 year ago

"Now, here's gonna be your primary, secondary and tertiary infil routes into China *ptew*"

<http://i.imgur.com/fhJmBtN.jpg>

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perfect

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[\[-\] ZippityBoop](#) 1 point 1 year ago

How many Rip Its would you consume daily?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I like the White Ranger Monsters.

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[\[-\] ZippityBoop](#) 1 point 1 year ago

Pretty good too. I haven't deployed yet but someone during AT bought me one and said Rip Its are the nectar of the gods when doing 12 hour ECP shifts.

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[\[-\] \[deleted\]](#) 1 point 1 year ago

I want to join the Navy, but being a SEAL is what really interests me. I am in decent shape, I play lacrosse, and I am fairly intelligent, but my grades don't always show it. I'm still 17, what would you recommend doing over the next year/2 years to really prepare. (i'm going into my senior year)

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I take it you want to be an O? Your odds of getting into the Teams as an Officer are pretty damn low if you don't go to the Academy. So if you want to be an O, go to the Academy. Otherwise, go have fun in college and be one of the 50% of enlisted team guys with a degree.

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[\[-\] \[deleted\]](#) 1 point 1 year ago

Do you have to be an officer to be a SEAL? I would be fine enlisting as a SEAL if that's possible.

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[\[-\] shaw2885](#) 1 point 1 year ago

Buds accepts 28 candidates from the Naval Academy and 28 from NROTC programs and a handful from officers who go to OCS first. That is per year. PST scores have to be outstanding, not just minimums. Minimums used to be sub 9 min mile, i think it was a 9 min combat side stroke 500yard swim, 100 push-ups in 2 min, and 20 pull ups. Do more than those numbers and go faster than those times.

Enlisted scores are lower.

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I think I would defiantly go in as enlisted, but I can already do two of these no problem, I think if I work at it for the next year I can be ready to pass the requirements. When people say they work your mental toughness, is this just being able to push yourself during buds, or do they put you in mentally taxing situations to test your abilities?

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[\[-\] shaw2885](#) 1 point 1 year ago

I have never been through BUDS, OP is best to answer. But he answered it kind of before: you have to convince yourself that it would hurt more if you quit.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

What shaw2885 said.

There is actually a method to the madness of BUD/S. They tend to scale the physical and the mental. An example is 1st phase is all "physical" (but really mental, remember), which is to say that 1st phase doesn't involve much skill or stress from being able to perform something complicated, just something physical until the point of pain(mental) and exhaustion (mental). So "Forever lunges" is just holding a log and doing lunges in place...forever, at least for thousands of them, till it feels like forever. That's how all of 1st phase is structured, the brain is tested through physical pain. 2nd phase though is about high stress timed and tricky underwater skills like exchanging scuba rigs while blindfolded in time. etc. This isn't very physically hard but it requires a lot of mental control to maintain calmness and focus and to learn procedures that you can revert back to in times of panic.

At the end of the day they're training your brain, but sometimes they use your body and sometimes they use more direct things.

And set yourself a goal of 20% better than minimums in 3 months. That's plenty of time. Then in 6 months you can be 40% better and in a year you can 80% better.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. In fact only like 15% of SEALs are Officer. Officers have a much shorter "Operational Life" in the SEAL Teams. Meaning they get to run around a shoot for maybe 5 years before they're generally on the desk track for the rest of their careers.

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So with my situation listed below, what would you do in for last year of HS to prepare for being a seal

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Start talking to the recruiters. Its an annoying process but a necessary one and it can take a shockingly long time to get everything taken care of and actually ship off. I walked in after squaring all my affairs away and was like, "Take me. I want to be a SEAL." and they were like , "Sit down and fill this out and come back in 6 months and we'll talk."

Physical and mental prep will be taken care of for you. They'll give you all the tools you need to make it through. You just have to decide that you'd really actually rather die than quit and it'll be easy.

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Thanks, I may go this next week to talk to them and get started.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Good luck.

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[\[-\] megacanyon](#) 1 point 1 year ago

What are your thoughts on the SEALs who've published books about their service?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 7 points 1 year ago

Some are good. Some are crap. Just going through my bookshelf.... I liked Dennis Chalker's book. I liked Emily Townsend's book. I like, but don't read all the steamy SEAL romance crap out there. Lone Survivor made me cry when I read it before I joined, then I read the AAR's a was pretty pissed at Luttrell for playing it up so much. I think too many guys are writing the same book over and over again, just to make them dollas.

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[\[-\] Cod2242](#) 1 point 1 year ago

where r the AAR's available?

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classified still

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[\[-\] apalebluedot](#) 1 point 10 months ago

Haha I just googled Townsend's book. Nice.

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What are your thoughts on Don Shipley?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

Never met him in person, but I like the old kook based on his videos. Old School Frogman.

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[\[-\] WizardryVI](#) 1 point 1 year ago

99% of people who say they are/were Navy Seals are lying.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

True

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[\[-\]](#) [mario-incandenza](#) 2 points 1 year ago

have you ever met or exposed someone for this in person? If so, what was their response?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 6 points 1 year ago*

Yeah, it happens remarkably frequently. Usually it's not "Stolen Valor" type things where they're passing themselves off in daily life, but just some dudes at bar talking themselves up.

Hint- 99.9% of the time, they will be fakers. Now if you're a chick, and some guy kind of slyly works it in there and then acts weird when his friends are around, there's a chance he's telling the truth but you should lose that a-hole for playing the SEAL card. Part of the fun of being a SEAL are the cover stories for who you and your 12 giant friends are.... "Soccer Team." "We're here for the male modelling convention." "We train handicapped baby dolphins, it's cute but it's rewarding as well."

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[\[-\]](#) [Spaid](#) 1 point 1 year ago

At what age did you begin your path to becoming a Navy SEAL?

What would be the maximum age to begin?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

24 I think? 28 without a waiver. Think you can get a waiver till the age of 32. GOOGLE man.

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[\[-\]](#) [Spaid](#) 1 point 1 year ago

Can I PM you about my qualifications/desires, and ask you if Navy SEALs would be the right choice to strive for?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No worries.

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[\[-\]](#) [__tipyourhooker](#) 1 point 1 year ago

First, thank you for your service to our country.

Second, the question(s): 1. What is the most valuable skill you learned in training/during your time as a SEAL? 2.

When you weren't on or prepping for a mission, what was your average day like?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

No problem.

The intangibles are the most important. Being cool under pressure. Knowing that every obstacle is overcomeable (word?, it is now). Being incredibly adaptable. Practically speaking, my medical training has saved a few lives already since being out. Really happy to have had that.

A lot of average days involved sitting on a couch in the platoon space (a 20 x 30 office) watching rambo reruns on tbs, while we waited for leadership to come up with something for us to do or cut us loose.

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Why did you get out? And what are job prospects like for Operators who leave the teams? Law enforcement?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 4 points 1 year ago

Long story short, didn't like my career prospects in the TEAMS.

So most of my friends are still in but a few are out or near the end of their enlistments. One is at a pretty good MBA program. Another works at an outdoor gear shop. A few friends do maritime security contracting, which is good money but harder to get into now that so many operators are transitioning to civilian life. Another one is a civilian contractor for the government testing new equipment. Guys tend to stay sort of near the Teams in one way or another because the community is so damn good. My girl is in Oil, so I'm looking to transition into finance or resources just so I can spend more time with her.

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What about becoming a federal agent/cop? Lots of team guys do that or do they want to stay away from guns.

I imagine a degree is important for that too.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

I can't imagine ever wanting to be a cop. Ughhh. Maybe doing something with SWAT, but most likely in an instructor role, or with one of the Federal agencies. But yeah, FBI HRT requires you become a Special Agent first, and all the school that entails. DOE has a shooting element as well but remember that you have all the law enforcement, plus all the regular military grunts, plus all the spec ops guys, going for the same 30, maybe 100 positions, which all require a bevy of civilian certs and don't pay all that much. It's just not that enticing.

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Thanks man! One more question if you don't mind.

Coronado or Little Creek?.....if you have a choice

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Little Creek if you want to operate. Coronado if you want a hot GF and a rocking jacked and tanned bod.

Hint: Little Creek

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

Thanks man, that's what I figured only thing is I'm from VA (I've actually done the water obstacle course at Little Creek and I take PSTs there) so I wouldn't mind living in Coronado...and a really hot GF would be nice...

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Well you'll get year or so out there for training anyway. Feel it out. Sun Dog is America's finest city. Your odds of going to DN are way higher out of the even TEAMS though. There will be some element of chance anyway. They might send 2/3 of your class to the East Coast or 100% to the West.

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[\[-\]](#) [cerealjunk](#) 1 point 1 year ago*

How 'bout being a doctor? I heard Marcus Luttrell wanted to go to medical school? I've looked to see if he's still pursuing that but I can't find anything. Granted, with all the money I imagined he made from the book and movie rights he's pretty much set either way.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I've thought about it. Have a few M.D. buddies from high school, but I'm having trouble justifying the expense in time to do something with a fairly low job satisfaction rating. I don't think Marcus is going to med school anytime soon. Could be wrong though.

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[\[-\]](#) [nswmike](#) 1 point 1 year ago

How much does an enlisted SEAL make in a year (estimate) including BAH...and are reenlistment bonuses still a thing?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Yeah, Re-enlistments go up and down all the time though depending on current manning levels and projected needs. So I watched them go from 90k to 12k in a few months around the stand down.

E5 SEAL living in Cali probably makes roughly 60k a year. Give me a minute, I'll go calculate. With tax benefits and bonuses I could argue I made about 75k a year, tops.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

For comparison, nukes were topping out the re-enlistment bonuses with 130k I believe. So the demand for SEALs is falling.

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[\[-\]](#) [klington13524](#) 1 point 1 year ago

Nukes?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Nuclear engineers on submarines. One of the highest paying jobs in the Navy because of the high demands for education levels.

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[\[-\]](#) [Jaeger_Pilot](#) 1 point 1 year ago

What plate carrier/rig did you run? and which out of the four which is your favorite camo? Multicam, AOR1, AOR2, M81?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Not even sure what M81 is. I like Multicam when it first came out, but I prefer AOR1. We call AOR2 'guacamole' I don't like it.

I had an Eagle Industries SPEAR kit that I literally destitched, cut, and restitched to be a completely custom one off creation. I spent a lot of time in the paraloft sewing on weekends.

We can get into my philosophy on gear, but slicker is better. Use the camo that works in your op environment. War belts beat chest rigs every day of the week.

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[\[-\]](#) [Jaeger_Pilot](#) 1 point 1 year ago

Thanks for the input, that's awesome. Here's some [Crye Gen 3 M81 combat pants on the left](#). The more you know!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Ahh. 'Tri-colors' or 'jungle' cammies. I used to get made fun of for wearing jungle cammies on certain OTB training exercises. The old ones handle salt water better than the cryes and the camo works great in foliage. If I could only ever wear one pair of pants for the rest of my life, they'd be a pair of charcoal black crye's. So comfortable, stylish, and functional.

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[\[-\]](#) [rofl_coptor](#) 1 point 1 year ago

How does washing out work? Will instructors kick you out of the course or is it more about you kicking yourself out by quitting?

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[-] [nowyourdoingit](#) SEAL [S] 3 points 1 year ago

It's certainly possible to get pushed out. Generally though, it's not a selection process like the SF have, where instructors grade and select from a group of men who successfully complete the course. At BUD/S, the course does the selection. They could really shorten the whole process by just kicking everyone in the balls repeatedly and taking the last guys standing. The downside to this process is that some really tough and really dumb guys get through, but generally they get weeded out once they get to an operational Team. You can absolutely be fired.

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[-] [rofl_coptor](#) 1 point 1 year ago

Thanks for the answer, SF is always something I've considered but SEALs is something I'm really hesitant about because of how much of it is centered around water.

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[-] [greenman621](#) 1 point 1 year ago

How do you feel about how many innocent people are killed in your line of work?

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[-] [nowyourdoingit](#) SEAL [S] 5 points 1 year ago

I think this is the biggest reason for this line of work. Its sooooo much easier and safer for US forces to drop a munition on a target, but the risk of killing innocent people is so much higher. Bullets give you greater discrimination. Delta trained to be the best shooters because they wanted maximum discrimination. The ability to only kill the person who is trying to hurt other people. I'd like to see a future where full scale war is antiquated and direct action by SEALs and others is basically a World Wide SWAT call.

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[-] [greenman621](#) 2 points 1 year ago

Incredible answer, great way of putting it. Makes me respect SEALs a lot. SEALs make sure they are taking the lives of only those who do wrong.

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[-] [dunder_headed](#) 1 point 1 year ago

My brother is training for MARSOC and a friend passed BUDS and is doing additional training as a SEAL. If you could put it into percentages, how much is physical testing vs. mental testing?

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[-] [nowyourdoingit](#) SEAL [S] 6 points 1 year ago

It's 100% mental. The body is just an extension of the brain so when they test your body they're testing your brain.

There's no 600lb deadlift requirement. The physical is pretty low standard initially. You have to be able to do some pullups, and run and swim, and they'll get you into shape. When it's over you may not be able to bench your body weight, but you'll be mentally able to keep going till you die.

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[\[-\]](#) [Helicase21](#) 1 point 1 year ago

What's your opinion on the SWCCC people? I'd love to hear more about them but it seems like there's even less out there than about other special warfare folks?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's kind of a weird situation. It's like when your parents make you take your little brother out to play with your friends. Individually, most of them are awesome and great guys, but as sort of psuedoSEALs who seem to have a chip on their shoulder as a community I never really rated them.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

If you're putting out 100% and trying your best to carry your weight but your boat crew is still stronger and faster than you will they run you out or realize you're giving it all you have and shoulder some of your weight? Basically will they protect you from getting run out if they see you putting out all the time, even though you may be dragging behind a bit?

What do you wish you trained/focused on more before going to BUD/S? More weighted lunges, etc?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Don't do weighted lunges, you'll wreck your knees for no reason. Squats. Squats. and Deadlift.

So we had a fat turd and we ran away from him many times. The Instructors would kick him when he fell and he'd get up and try to catch up, but it got so bad that even though he wasn't carrying any boat he couldn't keep up. We got gold stars that day for ruining his life. Generally though, it's not that hard. Someone will be the weak link at some point and someone else will be the weak link a moment later. The guys will know if its a moment of just not having any more to give or actual shitbaggery. If it's shitbaggery, you might get punched or kicked and thrown out from under the boat to face the Instructors.

You shouldn't worry about being the weakest. You should focus on how you can make yourself and your crew stronger. Be the one who pushes.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

thank you so much for the response, I have a couple of personal questions if you still have some time. I'm 26 years old, turning 27 in January. Do you think that 27-28 is "too old to succeed at BUD/S?" I've read a lot of places that 25 is considered "old" and it becomes a lot harder to get through the program because of your age once you're older than 25-more injuries, longer time to recover, etc. From your experience, did the older guys have a harder time than those fresh out of high school 18-19 year olds that seem to recover from anything? While watching some documentaries a lot of the older guys (25+) who DOR say that they just got too old and their bodies couldn't hold up. Is there a lot of truth to those claims? Are the injury rates higher for the older guys compared the kids?

Secondly, I have two bummed shoulders. Dislocated them both a few years ago and they both have slight tears in the labrum. I can lift weights and everything without too much discomfort, but there's always the snap crackle and pop. No lingering pain associated with them, but maybe a tad bit of inflexibility and instability. I've been working my rotator cuffs hard trying to rehab them and gain flexibility. My question is-how much will my shoulder problems limit me? Are there guys there that have had shoulder issues prior to BUD/s and haven't had surgery on them? (I haven't had any procedures done on them)

I just get an uneasy feeling that my shoulders wouldn't be able to hold up through the grind of the program. There is a though that one log PT session could end any aspirations I had. Do you think people with prior shoulder problems can stay healthy throughout the duration of BUD/S or would I be wasting my time because I'd inevitably get injured at some point?

Thank you so much for your input, I'm on sealswcc.com everyday trying to get prepared

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

1st. Age has no real bearing. 2nd. BUD/S isn't about whether your body can handle it. It can't. No ones body can handle it. Everyone is going to fail or break or whatever at some point or another, but like I said earlier, can you keep running with a fractured femur? My buddy was an absolute beast, and he pushed the boat so hard his neck gave out 3 1/2 days into Hell Week. He no shit could not lift his head, it just hung there limp. So we had him carry all the paddles and run next to us, and he ran along like a full blown retard for another day and a half. I went through with a massive inguinal hernia. The whole way through BUD/S and SQT. How bad do you want it?

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[\[-\] Kill_six_days_a_week](#) 1 point 1 year ago

Inguinal Hernia bros unite! Seriously though did they give you shit for it or make you go to medical?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I kept it hidden. They would have made me get surgery and rolled me.

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[\[-\] snappedoff](#) 1 point 1 year ago

Might be dumb to ask but... Ever work with an operator like the fictional character of Jason Bourne? Or people similar? Anything like that going on?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There is nothing like that going on. They wouldn't know how to do something like that if they tried. Now there are some really hard working and talented people doing some pretty incredible things, but Bourne is pure fantasy.

As an example. Neptune Spear was a bread and butter op for those guys. Washington sat on it for months out of nerves. That ought to tell you something, if we had covert assassins with no ties to the US, killing Bin Laden in his house would be the perfect mission for it, but instead they fretted about whether they could risk a bunch of dudes on a military op, and eventually went for it, and still had problems.

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[\[-\] lacqui](#) 1 point 1 year ago

As a Canadian service member myself, I often feel awkward when someone thanks me for defending the country; I usually don't really know what to say. Have you had a similar experience, and if so, what is your go-to response?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Ohh yeah. Especially if they find out I was a SEAL. Generally I just smile and tell them, "No worries."

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[\[-\] crazy8ball17](#) 1 point 1 year ago

Is it true that the Navy is cutting down on Operators since our foreign engagements seem to be winding down and there is no need to add tons of new guys? A recent DOR came to reddit a while back and said it was nearly impossible to get through BUD/S currently because they don't need SEALs like they used to. He went on about how difficult it was to get through the program and how a very, very, very small percentage actually graduated because of the current climate. Here is the post in case you were curious

"I recently got dropped from training, my class is going through Hell Week right now.

I dont want to discourage/demotivate you and I promise Im not trying to scare you but you need to understand some things before you do this.

Right now the war is winding down and the Teams dont need more SEALs, thats just a fact. Because of this BUD/S training has evolved into something way different than what it ever was. Our class started with about 168 and now one day into Hell Week its into the thirties. My division graduated boot camp with around 70 guys and only eight remain. It will probably be about four or so who graduate Hell Week. We had maybe ten or so fleet returnees, every single one dropped. We lost about five officers so far and Im sure more will drop soon.

Why is it so hard? Because they dont need you. You are more expendable than you realize. There is no possible way to prepare for what they will do to you, the training is relentless and merciless at the same time. Hurt? **** you, keep moving or ring the bell. Sick? **** you, keep moving or ring the bell.

If youve never run under a boat with a boat crew or done log PT with a boat crew than you are in for a very rude awakening--seriously, I cant even begin to describe to you what its like to have that boat slamming down on your head for miles on end or what it feels like to do thousands--I am not kidding, THOUSANDS, of lunges while holding a log at the front chest carry position while youre wet, cold and sandy. Surf torture is not terrible but what they never tell you is how disorienting it is. You lay in the surf with waves crashing over your face, youre choking on salt water and endless amounts of sand get caked into your ears and eyes. When they finally tell you to stand up youll just eat **** and fall flat on your face because youre basically both blind and deaf from all of the sand that gets washed into your eyes and ears. Then you have to stand in a line with your arms in the air, fingers wide apart while jack hammering from being so **** cold....and then you go right back in for round two, three, four...or theyll demand that some people quit if you want to stay out of the water. and believe me, people will quit.

the class will eat itself apart, with little help from instructors. If you cant keep up under boats, on logs, your boat crew will kick you out and you wil have to ring the bell--at that point though, youll do it anyways. Theyll tell you about doing the 'honorable' thing and quitting if you cant keep up. honestly, it is honorable to ring out if you are slowing down your boat crew. slow guys get people hurt all the time and its not fair to stick around if you cant hack it. dont worry though, if youre weak they will make you quit. dont believe me? fine, youll see.

Just have a backup plan. if you ONLY want to be a SEAL and nothing else than you shouldnt go into this training. I know how much you dont want to hear that but its so true. This training is so much more than a kick in the balls and God i hate saying this but you are not going to make it, at least not your first time through. If possible, get a med roll but those are hard to get unless you get really ***** up. even if you get ***** up, if the instructors dont like you then theyll just drop you because as i said, they dont need you these days.

im not bitter about getting dropped so please dont think im trying to take out any anger on you or hurt your feelings, i promise thats not the case. I just dont think its fair for the navy to be handing out these SO contracts when your chances of making it through the pipeline these days are slim to none. If you could see some of the guys who arent making it through you would be blown away--im talking absolute STUDS who crushed PSTs (you cannot begin to fathom how useless PSTs are until you make it to phase), crushed pre-BUD/S (even though pre BUDS is a ***** joke), who crushed most of first phase...and they too rang the bell.

Best advice? RUN. Run ***** everywhere, bare minimum 50 miles per week and at least 20 of them in soft sand, with boots (bates lights) and with a weight vest. do lunges until you puke, then run ten miles in the sand. do more lunges after that. do it again the next day and the next day. youre going to think 'no way, thats impossible' but i promise you, its going to be even worse than that when you get to phase. youll wake up each morning with dead tired legs and youll be expected to perform. next most important tip?

have a backup plan. your chances of making or so miniscule that you absolutely must be ready for life in the fleet. and theres nothing wrong with that. i hope you make it, i hope you can be one of the very few who wears a trident but if your experience is anything like mine, its not going to happen."

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Surf torture is not terrible but what they never tell you is how disorienting it is. You lay in the surf with waves crashing over your face, youre choking on salt water and endless amounts of sand get caked into your ears and eyes. When they finally tell you to stand up youll just eat **** and fall flat on your face because youre basically

| both blind and deaf from all of the sand that gets washed into your eyes and ears.

HAHAHAHAHAHA. Yep. Good times.

You ever notice how things are "impossible" to people who can't do them? I have a couple friends who are BUD/S Instructors now. Nothing's changed. They bitch about the "weak ass bitches" that the Navy is sending them to train, just like the Instructors who put us through bitched upon how we were "entitled pussies who would let the Teams down." I can almost guarantee the overall percentages are basically the same, because they have been for 40 years. Some classes have a harder time in a phase than others. Sometimes an idea like "They're not letting anyone pass!" spreads and becomes a self fulfilling prophecy.

Besides, ask any frogman on Earth, BUD/S is getting easier. ;)

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Ohh also, Surf Torture IS terrible.

And don't try to prep for BUD/S by doing BUD/S, BUD/S breaks you down. Not what you want to do before going in.

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[-] [kingpolly1](#) 1 point 1 year ago

How tall are SEALs on average? I heard that 5'10 was considered the magic number as height was not an advantage.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, that's probably about right. We had a guy who was 6'7 or 6'8 and he was a huge pain in the ass. His only options under the boat were to bend forward (which destroys your back) or lean back, so we basically ran everywhere sort of pushing him in front of us. Height has pros and cons in BUD/S. Faster run times. Faster O course. Faster paddlers. Usually a lot slower running with boats on heads. Had an O that was about 5', he was alright, but my arms and legs would have dragged on the ground if he ever had to carry me out of a gunfight.

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[-] [tiger94](#) 1 point 1 year ago

Love that you're doing this!!! I am 20, 5'9 145lbs, been training to take the PST for about 4 months. When I first started I could do all of about 4 pull-ups, now at 25+, Could do about 50 pushups, now I do 100 at a time, and about 400 throughout the day. Run time(Max that I pushed myself) was 7 miles in 42 minutes. Yet to really dive into the swimming portion, no pun intended ;) I am a former high school wrestler, so I know all about mental toughness(nothing close to you guys) but I at 125lbs would starve myself for 48 hours, while practicing 3+ hours a night in multiple layers of clothing, dropping 12-15lbs in 2 days. Anyways to my question I read online, on a random form, can't remember which that they recommend **Hypertrophy-specific Training** to create the strongest muscle the fastest. My question is have you heard of anyone doing this or recommending this? And does it sound like something that would help with BUD/s or other aspects of SEAL Training? Bonus: Do you think you could over-prepare

your mind for the challenges this training brings, or do you think you can have too many reasons for joining? Thanks and God Bless!

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Honestly you sound like a great candidate to make it. Statistics kept by the Navy show that wrestlers are actually the group of athletes with the highest pass percentage, followed by water polo players and swimmers I believe. And you have real solid numbers. Hypertrophy-training is just body building and it is an excellent thing to do before you get in. Skip the bicep curls though as you want to focus weight and muscle gains in the posterior chain, so legs, back, [neck](#), and shoulders. So in your case I would keep doing what I'm doing and maybe incorporate standing press, squat, deadlift. The strength demands for BUD/S aren't that high, but the cardio and conditioning demands are extremely high so you want to make those a priority and get what strength you can on top of that. No such thing as over-prepared. That being said, if you've made the decision that you aren't going to quit, and you can do the minimums, you could start tomorrow and it wouldn't make any difference. I loved BUD/S Prep, and it is top notch training, but I don't think it makes a difference on who quits and who doesn't. (I could be wrong statistically) You'll have a session at some point and all your classmates will take turns giving their reasons for being there. No one really knows how to answer that question because its always a mix of things, but the desire to be the best, work with the best, and to kill terrorist gets voiced a lot, and those a good starting points.

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[–] [tiger94](#) 1 point 1 year ago

Thanks so much for the response! I missed a chance to wrestle collegiately and I have been kicking myself ever since. As much as I hated cutting weight, I'd do it again for another chance. Thanks for the link. I actually found the HST training on like Bodybuilding.com. There are some great workouts out there, and I really prefer the strength training over weight training, because my muscles seem to respond better. I've actually heard that Strength training is better for your body over weight-lifting because weight lifting puts added stress on joints. Not sure how true that is though.

I also found this really cool video which shows lots of SEAL training, most of it looks like SQT but I'm not sure.
<https://www.youtube.com/watch?v=eS74IkYO4h4>

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Weight lifting with proper form is an excellent way to increase your longevity as a stronger muscle protects your joints. The majority of Team guys lift heavy weights and most of our specially designed and tailored workouts incorporate a lot of weight lifting.

Skimmed the video. It's taken from all over. Some Platoon demos', some BUD/S, some SQT. Pretty much covers the cool stuff we do. Also, a lot of SWCC stuff in there. I wish they'd keep it separate because guys get confused as to what job they're signing up to do.

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[–] [tiger94](#) 1 point 1 year ago

I'll keep that in mind! Thanks for the tip! Yeah I saw that some was BUD/s and the SWCC.

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[–] [xZyzzX](#) 1 point 12 months ago

Hypertrophy literally means to enlarge or grow. Atrophy is the opposite of that. So if you're seeking the most strength gains possible, don't follow a hypertrophy- specific program. HST is for bodybuilding, and even they will admit that their bodies are all show, which is the point, considering they step on a stage to be judged for aesthetics. Follow a strength training regiment, which will always stay below 5 reps on each set. But as always, mix it up with high reps to surprise your body. I hope this helps you, good luck buddy. (Almost done with my exercise and health science degree)

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[–] [crazy8ball17](#) 1 point 1 year ago

When someone asks what you do, what do you say? "I'm in the Navy"? And leave it at that? If they press you do you say "im in the Teams"? Or do you just come right out and say I'm a Navy SEAL? I've always wondered how SEALs answer that question

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

It depends on the situation. If its a stranger, I had a generic cover story that explained my frequent travel and deep tan. If it was someone I knew and would interact with a lot, like say a barber on the Navy base, I'd probably say I was a Navy Diver. A lot of that is just to avoid having the answer the same 10 questions you get over and over again. In VB though the scene is pretty small and everyone knows each other pretty quickly so its not like guys sneak around with cover stories, just SEALs. NBD.

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[–] [crazy8ball17](#) 1 point 1 year ago

How many miles per week would you suggest a hopeful to be running prior to BUD/S? 40ish spread across different terrains(asphalt, grass, sand, etc). Would you rather be a stronger runner or swimmer prior to BUD/S?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

BUD/S will turn you into a great runner. You'll run at least 9 miles a day there. I wouldn't kill myself running before BUD/S, you want to go in a little strong and not leaned out and super aerobic. 20-30 miles a week should be plenty. You're probably better off doing speed work in the 1.5-2 mile range during the week and a long (7+miles) slow(8+min/mile) run on Saturday.

In BUD/S prep we'd do 3 x .5 mile repeats for time fairly frequently.

The run times are usually more of a problem than swim times, but know your weakness and focus on it during the build up to BUD/S. Again though, the pipeline will prepare you for BUD/S. Have a good general level of fitness and just commit. You're not supposed to be a SEAL, they're going to make you into one.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Also, run on the softest thing you can. Track>grass>asphalt>concrete>sand. Sand destroys your joints.

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[-] [much_good](#) 1 point 1 year ago

Did you ever do things/have to do things that you questioned the morality of? What were they? Also even though I'm very anti war and British, lots of respect to you. One of the toughest mentally, and physically, jobs out there.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

No. It does happen on occasion though. One thing I like about my community is we're generally not a bunch of 18 y/o cowboys who shoot first and ask questions later. Like I said earlier, it's easy to kill everyone in a building. Just drop a bomb on it, but it's a lot harder to go in and kill or capture the one who deserve it without hurting the others.

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[-] [much_good](#) 1 point 1 year ago

Thanks. I find the morality of war is really interesting because one one side. I find that groups like Al-Quada and ISIS are dangerous and need to be taken out of the picture. But on the other side we are not making the expected progress and causing quite a bit of chaos ourselves. What are your views on the middle eastern conflicts on a whole?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Its a conflict of ideology. This is a war of cultures and it'll be won culturally with the exchange of ideas. Enlightenment virtues of individual autonomy, religious freedom, democracy, etc. are better than tribal religious bullshit and will win out, but that doesn't mean we sit idly by and wait for it to happen. You still have to kill the people trying to blow things up.

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[-] [much_good](#) 2 points 1 year ago

From your viewpoint are we making progressing correlative to the money spent in these conflicts? I personally think that the money spent is getting a little ridiculous (especially for the US) and we could be doing something better with our money.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 4 points 1 year ago

Zero progress. We're being counter productive.

https://www.ted.com/talks/thomas_barnett_draws_a_new_map_for_peace

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[-] [much_good](#) 1 point 1 year ago

I'm watching it now. Even with my limited knowledge of the subject, what he is saying sounds true (US can defeat any country but cant do anything afterwards with it).

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[\[-\]](#) [xZyzzX](#) 2 points 12 months ago

Read the book "The Father of us all: War and History"

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How brutal/maniacal were the log PT evolutions? Lunges and overhead holds/presses for hours on end? How frequent are they? I think I heard once a week and twice during HW

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They're brutal. They'd be funny if they weren't so brutal. I don't remember how often we did them. Its a few times in Hell Week though.

The thing about BUD/S is they can make anything brutal. A class had to do a 3 mile log roll. Which means [this](#) but for 3 miles on the beach. Try rolling for 100 ft continuously. Then imagine doing that ~160 in a row. Guys were pissing and shitting themselves and vomiting uncontrollably.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How would you describe yourself? The consummate 'quiet professional' who people would be surprised to learn what you did for a living or the boastful, in your face 'I'm a Navy SEAL' kind of guy? What category would most operators fall into if you had to guess?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

A blend between the two. You wouldn't know most guys were SEALs but sometimes the pride can spill out as boastfulness.

I'm reminded of trips to civilian gun ranges, where some range official may feel it's their place to lecture on safety or technique, and I can feel the desire to say, "Dude, I got this. Navy SEAL, this is what I do." Maturity = patience, understanding, and humility.

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What was the best life lesson you learned from your experience as a SEAL?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 5 points 1 year ago

First woman who makes contact with you in bar, leave with.

Also, the only thing that separates those that can and those that can't is the doing. There is no try, bitches.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Any truth to the saying, "If you want to play beach volleyball and surf at lunch, go West Coast. If you want to go to war, go East Coast"?

When you were going through BUD/S did you notice if the older guys had a high injury rate or were more physically beat down than the younger guys? Or is everyone's bodies hammered so badly that its hard to tell? Can you remember if a higher rate of older guys (25+) made it through compared to 18-early 20s?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

100% true and everyone knows it.

I think the rate is about the same for every age. I think older guys use the excuse of, "ohh I'm just not healing as fast. My body is failing me." I've said it before in this thread, everyone's bodies will fail them. So the fuck what. A bullet will do the same damage to an 18 y/o as a 38y/o, being a SEAL is about getting shot the fuck up, then using your one good hand to kill the bastards who did it.

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Do SEALs have to follow state gun laws?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 6 points 1 year ago

Yes. And it's bullshit.

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[–] [crazy8ball17](#) 1 point 1 year ago

I'm sure you have friends or know people who went on to be selected to ST6/DEVGRU-how would you describe those operators? Were they basically the all-stars of their particular Team-the best runners, swimmers, shots, strongest, smartest guys? A cut above the rest pretty much? Or were some of them just guys who always put out 100%, gave everything they had and were so committed to the Team life?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

It's definitely the latter the majority of the time. Sometimes it is the studs who are just clearly genetically gifted and talented at everything, but usually its the guys who are at the Team on the weekend working on their gear when everyone else is surfing. That being said, part of the process is being selected there by the Operators themselves, so they want guys that work hard, act professional, and will still be fun to hang around with.

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[–] [Gottanitch](#) 1 point 1 year ago

What is your opinion on swcc? What are some of the positive and negatives working with them?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

I think they have a chip on their soldiers as a community. It's probably an awkward place for many of them. A lot of guys end up there when they drop or fail BUD/S, so its sort of the safety school for SPECWAR. Let's put it this way, you'll often find some kind of comic or joke on the wall in a SWCC office about SWCC coming to the rescue of the SEALs, but you'll never see stuff like that in a SEAL office. What's that saying about everyone talking about the guys they're jealous of? I found this is true for Rangers and SF to some degree. They like to point out how we're not that great, but we don't talk about other communities much.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

This is good life lesson. If everyone is talking about you and you're too busy to notice everyone else, you're probably doing something right. How much time do you think Elon Musk spends worrying about other CEO's? How much time do you think other CEO's spend worrying about Elon Musk?

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Whats the average age that SEALs get processed out? Pretty much how long can they stay operational for? Mid-late 30s? Know of any active SEALs who are in their 40s and can still perform? If you get to be a certain age will they pressure you into leaving or is it always up to you? I'm talking about enlisted, not officer

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I know a few guys in their 40's who could crush dudes half their age. Check out elite triathletes, they get good in their 30's because it takes that long to build the endurance base. There is something to be said for Old Man strength. Also, a lot of the guys at the highest level units are older and still running and gunning because it takes a while to master enough skills, so its suited for older dudes. The pressure really comes from rank advancement. You either start doing leadership roles or you won't get promoted and eventually the Navy will say, "up or out." Want to say that happens around the 12 year mark. For guys that love operating above all else, it's a constant battle to hold off on promotions for as long as possible. Generally, once you hit Chief, you got one platoon left.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

So say you join at 28 and earn your Trident at 30, you could theoretically operate for 10 years until you're 40 or older if you move to higher levels? The Navy wouldn't come to you when you're 35 and say 'you're too old, time to get out' etc etc. Thank you for all your helpful replies man!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You could theoretically operate for 20 years. Hell maybe even older. The trick is to be in demand, so as you become the old dude, if you want a spot on the Helo, you've got to bring something to the table the young studs don't. Usually that's experience, but if you only joined at 30 you may not have as much as the 35 y/o who's been in for 17 years. A lot of the guys who work for the CIA are older, but I can't speak to what kind of operating they're generally doing.

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Thanks for all the info! I know you're right about the 12 year thing for enlisted guys staying operational because I know a guy like Bissonette retired right at 12 years...book might have had something to do with it too.

What would they have you doing after you're not operational anymore but still AD? BUD/s instructor for the rest of your time?

And would you become a SEAL again if you could go back in time 10 years? Thanks man! I want to be in Coronado starting BUD/s tomorrow.

edit. I have heard rumors that SEAL Admiral McRaven would go on raids in his 50's.....just like fuck it I'm the boss I want to go.....any truth to that?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There are def old dudes with the rank that will go out the door. I can't say about McRaven though.

If I could go back 10 years it'd be the golden era and I'd do it again in a heartbeat. No matter how the job ends up being for you, the training and the experiences are worth it.

So your career as an enlisted generally goes something like this:

- Bootcamp
- BUD/S
- SQT
- 1st Platoon
- 2nd Platoon
- Instructor role somewhere
- 3rd Platoon
- 4th Platoon
- Maybe around now you're a Chief and doing your Platoon Chief or you've been selected for Dam Neck.
- Maybe another Instructor role or platoon
- Hitting that 'up or out time' when you either put on Chief and start doing the desk work or you move on to bigger and better things.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

Any evolutions that you actually had fun and enjoyed while at BUD/S?

Was the chaffing just as bad as everyone talks about?

I saw that you said that you were 24 when you went to BUD/S-what were you doing for those years from HS to the time you enlisted? Did you just wake up one day and say to yourself, "this is what I want to do"

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

I enjoyed a lot of them. Indoc is a lot of fun. In 1st phase, ocean swims are usually chill. Once I got good, I enjoyed the 4 mile timed runs and the O-course. This is an important point, you don't do all that stuff to become a SEAL, you become a SEAL so you can do all that stuff. You ought to love running and swimming and working out, even if you're terrible at it. All of 3rd phase was a blast.

I didn't chafe, but I attribute that to superior genetics. Most guys did, and some of it was pretty horrible.

I knew when I was 16, but I got lost on my way to the Teams and ended up in college.

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1. If there was any misconception you wanted to clear up about BUD/S what would it be.
2. How old were you when you decided to do this, and what was your background in athletics, if any?
3. Any mental toughness tips? I've heard it's by and large a mental game, but I can't fathom that people are born with this toughness, I feel like there should be strategies to becoming stronger in this regard.

I feel like I should have more questions, but that's all I can think of right now.

Thanks for doing this AMA, there are too many people giving out advice without having ever set foot in the military, it's nice to have someone who's been there.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

1

- BUD/S should be a good time. Too many people, myself included before I went, consider it this massive and terrifying proposition. Expect that you will hurt more than you've ever hurt, and be more tired than you ever have, and just enjoy it. Remember, "What one man can do, so can another."
- You don't have to be a superhuman Navy SEAL to get through BUD/S. It takes the right mindset and type of individual, which is what is being selected for, but they turn you into a SEAL. That's the point of the training.
- When ever someone tells you that something is insane and only superhumans can do it, they're really just saying that they wouldn't do it, and quit. The guys I know who failed out for some performance reason, but who absolutely have what it takes, never talk like that. They put the onus of their failure on themselves.

2

16, but I waited till I was 23 to start the process because I didn't think I was mature enough, physically fit enough, etc. etc. Don't wait. Just go. I swam competitively in high school, ran a little X-country in middle school. I have a great friend who did absolutely nothing but smoke pot and eat cookies until joining and he's a damn good SEAL.

3 They'll drive a lot of these into your head before you start, and even during some sessions of BUD/S itself:

- Self talk - get a positive mantra of some kind and use it whenever you're struggling. Maybe it's just mentally repeating the number of hours till chow time.
- You eat an elephant one bite at a time. Most guys quit not in the middle of an evolution, but after a bad one, and before another bad one because they psych themselves out. You run something like 140 miles during Hell Week. Don't think of it that way. Focus on the next step. Literally. I was a terrible runner going in, so on soft sand runs I got behind the fastest guy I could catch, looked down at the sand, and just thought, "run where he runs." I would put my feet in his footprints and that made me match his stride and pace. I was in the top of the class on most runs pretty quickly because of that, and mentally all I ever had to do was keep up with him for one step.
- The power of the phrase, "Fuck it" can not be understated. When something seems like it can't be overcome, sometimes it's best to say "Fuck it." and go for it anyway. When you think, I might actually die doing this, your next thought ought to be, "Fuck it, this is what I'm here for."
- When you're getting too into your own head and feeling sorry for yourself, just take a look around at all the other guys in the same position who aren't quitting. Remember what company you some day want to be in and get strength from knowing that you're even in their presence. I can't tell you how many times I thought, "This sucks, a lot." Only to snap back to reality and realize, "No wait, that dude right there is a goddamned NAVY Seal in the making, and so am I... I'm living the dream."

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Thanks for the reply, I really appreciate it. I'm going to see a recruiter and start the process in a few months. By any chance that you see this reply, what were your PST scores before you shipped?

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I got them fairly high but my running sucked. 10:15 run 9:30 swim 90+ pushups 90+ situps 25+pullups

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Good luck.

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[\[-\]](#) [Eightwolf](#) 1 point 1 year ago

Again, thanks for the response, it means a lot to get a response from someone who has done the deed. I deleted my previous account and made a new one to burn all previous ties. The one thing that could make the wait longer for my PST would be people I'm acquainted with patronizing me.

Speaking of the issue, out of curiosity, how did you deal about telling people what you planned on doing? I'm personally keeping it on the real down-low.

I'm interested to hear what your response would be, especially since virtually every person who wants to go to go into the Teams, has to deal with nay-sayers. It just feels weird being really vague about my future plans to people. I'm hoping you could shed a bit of light on it, especially since you pulled it off and were successful.

Hopefully you'll see this, either way, the AMA is really informative, good job.

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I didn't talk much about it. I told a few friends, one was Force Recon so he knew what was up and gave me some insights. You're right though, nearly everyone will be a naysayer, so it's not really worth your time talking about it.

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[\[-\]](#) [tiger94](#) 1 point 1 year ago

I was wondering what my diet should be when I train for the PST and then what my diet should be before bootcamp? Also is the Diet when you're in the teams any different then when you're training at BC/BUD/s/SQT? And how do you stay in shape and healthy when in-between deployments?

I bought combat boots, and a large rucksack and have been doing long hikes like 15miles+ with anywhere from 40-60lbs of in the ruck (I noticed how much the pulls up, push ups, dips, etc. help make the rucksack feel light after several months). Any tips for preparing for the cold water, or the arctic training?

Any reason I shouldn't get an M4 and practice shooting, so I am use to it? I've heard people say not to practice SCUBA or shooting, because you develop bad habits. I see it as a way to get comfortable with something, gives you that mental edge because you've at least done it. Any advantage you can get to complete the training.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I can't emphasize this enough. You won't be prepared for BUD/S. Unless you're from some other Spec Ops community already, (and even then a lot of those guys fail or quit), then BUD/S is about survival. Just show up and take the ride. Every single thing you have to know how to do to be a SEAL, from folding clothes, to loading an M4 mag, will be taught to you during the pipeline.

As far as physical training. Do things that make you a better stronger athlete. Cross fit and Mountain Athlete type stuff. Weights and cardio and stretching, etc to have a high level of overall fitness. Trying to get used to the

discomforts of BUD/S is a huge waste of time. Ditch the boots. Keep ruck runs down to the occasional high intensity 2-4 mile training sesh maybe a few times a month max. Don't train for hypothermia, its counterproductive because you hyp out quicker the more times you do it.

As far as diet. Eat mostly good stuff. Not heavily processed. Eat more than you need if you want to put on muscle and less if you want to lose fat. In BUD/S you'll eat everything you can grab and always be hungry.

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People don't realize but you're actively prevented from working out in Navy Boot camp. So you'll end up taking 2 months off your workout schedule anyway.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What is SQT like? I think everyone (myself included) is so concerned about BUD/S that we forget that it's only the beginning of the process to becoming a SEAL. Do you just hone and refine your skills even more in SQT? Did anyone quit during that phase?

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SQT is a great time. The intensity of the training goes up, but at that point you're begging for more. You're doing real frogman shit. Running and gunning. It's modeled after a Platoon workup, but is better in a lot of ways because it's a dedicated training pipeline. The reality once you're in the Teams is that your Team will be arranging training on an ongoing basis so its much more hodgepodge. With SQT everything is setup for you. I haven't heard of anyone quitting in SQT that I can recall, but a few guys have failed out for performance.

One way to think of it is that BUD/S is basic old school frogman shit. You learn all the old school ways of doing business all the way back to the WWII days. SQT pretty much covers from the 90's to modern day. That's a simplification but you get the idea I hope.

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Any books on philosophy/mental toughness you would recommend?

Any part of BUD/S you felt unprepared for and wish you had spent more time working at?

Favorite all-time TVs shows?

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Meditations, On the Shortness of Life Read as much philosophy as you can, just because it'll make you a better human.

2nd Phase. Not much you can do to prepare for it though. I could have done some free diving training. **If you do this do it safely.** House, GoT, Rick and Morty, Venture Bros, Trailer Park Boys.

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[\[-\] guardian44](#) 1 point 1 year ago

Could you give us a bit of insight into what SERE school is like? I've heard everything from "you know they break your nose there?!" to "they can break your fingers and just beat the shit out of you." -I take pretty much everything I hear with a grain of salt but would really like to hear what it was like for you.

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1st off. SERE, like every other DOD school is incredibly highly controlled. The different schools and levels have slightly different parameters, I've been told, but breaking bones isn't one of them. That would be silly and counterproductive. In our SERE, they're allowed 3 types of physical contact: open hand slap to the face, or stomach, and slamming you against the wall or jerking you forward while "choking" you with a towel or piece of clothe going behind your neck. The abuse in SERE is a joke compared to BUD/S and most guys have to actively "stay in the scenario" because if you start laughing or get pissed and start bowing up on the instructor, they'll time-out, pull you aside, and lecture you on the importance of the training and how the simulation is only as good as we allow it to be, yada yada.

So that brings me to the other point about SERE. It's really too parts. There's the first part where they teach you a lot of useful stuff. That part is great and absolutely something to look forward to. Then there's the second part, the simulated SERE scenario, which is a HUGE waste of time and amounts to little more than a week where you can't workout or eat like you should.

tl;dr SERE is a joke for anyone who gets through BUD/S.

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[\[-\] guardian44](#) 1 point 1 year ago

Once again, you have proven that my recruiters are ridiculous and simply don't know what they're talking about. Thanks for the info.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Recruiters are half used car salesman, half child predator. Even the nice ones are working in a terrible system. Never trust a recruiter. Period.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

Did you or anyone in your class or future Teammates develop nerve damage or neuromas in your feet from all the running during BUD/S? I already have Morton's neuromas in both feet so was wondering if it was common or not amongst SEALs

Previous to our engagements in Iraq/Afghanistan I read something like 70-80% of SEALs would never actually fire their weapons in combat during their time in the Teams. Obviously that changed with OEF/OIF, but now that our engagements in that region are dying down to you anticipate a return to that statistic or not?

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I haven't heard of anyone with them before. Actually had to google it. Seems simple enough to treat though, just beat

those nerves senseless and if they won't quit bitching, cut em.

A lot of guy get shin splints of both varieties (muscular pain and bone fracture), and your feet will get rather destroyed in Hell Week. Otherwise, most guys have pretty healthy feet afterwards because you adapt and recover.

I'd be amazed if even 20% of guys fired a weapon in combat from 1975-2001. Probably more realistically looking at 5-10% tops, and that doesn't mean they're out their smoking dudes, just got involved in some sort of firefight.

Unless you're a tier 1 operator, those numbers are already back down. War is over man. War is over.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

don't all SEALS want above all else "to get into the fight"? Since War is over, how do they feel about training, training, training but never being able to apply it in real life situations against an enemy? It's like a basketball team scrimmaging against themselves but never playing another team. Do they secretly wish another conflict or war would break out so they can get into the mix?

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Nope. A lot of the old guys joined before there was a war and are totally happy playing golf and waiting for retirement. There are a lot of guys getting out right now because of this. Not only is there less work to do, but there are more shenanigans to deal with. I've personally witnessed guys getting jerked around for months just to keep up the appearance that the leadership was doing something.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

So you think a lot of the guys who are joining now are going to be disappointed when they don't see any combat for the duration of their career (barring anything major)?

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Yeah, I do. I feel like there's maybe a little bit of a cultural shift of guys going in now. They know the war is pretty much over, I hope they don't have too many illusions about that. I think the Instructor staff is probably not focused on it like when we went through. We heard, "You get through this training and you are going to war." all the time. So maybe if the Instructors are working on expectation management they won't be so disappointed. I'm a little worried that there are more guys going in now because of the reputation they want to be associated with(SEALs are the coolest kids on the block now) and less because they actually have a burning desire to shoot someone in the face.

I can tell you that when I first started shopping around for a unit to join, I called my Uncle who's a Ranger Colonel, and asked him point blank, "where do I go if I want to kill the most terrorists?" and he told me SEALs, and that was that for me. I think there might be more, MW3, Hollywood hype playing into the interest right now, but who knows.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

I would assume the process would weed out those potentials who are in it for the MW3, Hollywood hype fairly early on, correct? When first phase rolls around and they start questioning their real reasons of being there

What was it like when you travelled across the country to different bases for training and all of that? Were you guys idolized wherever you went and seen as rockstars?

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You'd be surprised at who gets through. It's not the motivations, it's the person, and there's not a necessary correlation between good motivations and good person (in terms of getting through training).

It depends on where you're at and what you're doing there but yeah, generally speaking a SEAL platoon probably rolls round with the gravitas and status of say a minor league hockey team. We don't generally walk into the bar and yell, "The mothafukin SEALs are in the hooouse." but a guy from the Platoon might tip off the doorman which is good business for two reasons. 1. It gets you in. 2. It establishes report with the security in case someone gets rowdy, they know who the good guys are. Usually though, pretty low profile. Almost all attention is unwanted attention.

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[\[-\]](#) [crazy8ball17](#) 2 points 1 year ago

"minor league hockey team"

hahahaha love it

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Any tips on how to stay completely in the moment and in the present? I know I've read a lot of DOR's say they got psyched out when the realization hit that it was going to be 6 months of pain and suffering and they dropped as a result. Whereas the guys who made it through took it evolution-by-evolution...never allowing their minds to wander. I know you said during the 4-mile runs all you would focus on was putting your feet in the same imprints as the guy in front of your but what about for other evolutions and BUD/S in general? How did you stay completely in the zone and focus all your mental power solely on the current evolution and not allow your mind to stray on the days, weeks, months ahead?

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Also, give up hope. Guys quit because of hope. They hope they'll get a break after the evolution and can't handle it when they don't, etc. etc. BUD/S and war is about having no hope. You just do. Become an animal.

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You can google "the big four" of mental coaching, which is the official navy training paradigm that they use, but in

reality its way easier. It's a combination of removing any other option from your head and saying "fuck it". When you start to worry about all of BUD/S, all of 1st Phase, all of this evolution you're in, just tell yourself "fuck it, I'm going as long as I can until I die." Besides the performance standards, which aren't that hard and very few people need to worry about them, people fail because of discomfort. Discomfort is a standard YOU set, and when you set it to include {anything, even that which might kill me} then you're golden.

Small correction. I did that mental game on soft sand runs (demo pits, state beach, etc.) but on 4-mile timed runs I was head up and trying to pass the person in front of me. Difference being that a soft sand run was always of indeterminate length and speed, and the key is to just keep up with the front pack being led by the fastest Instructor. 4-mile timed runs are always 4 miles and the key there is to run it as fast as you possibly can. I did different mental tricks for those. Spec: Mentally broke it into 4 1mile runs, set a pace and strategy for each mile, which corresponded with big landmarks. So from the start to the sea wall (1mi) I focused on being smooth and efficient with long strides. Sea wall the the truck (2mi) I tried to pass everyone who had started out faster than me. Truck back to sea wall (3mi) was always the hardest section and I usually tried to stick with whoever I was with at the truck unless someone cam up to pass, then I stuck with them. Sea wall back(4mi) turn it up to 9 until I hit the berm which was about the last 500m, and then it was all out sprint to the finish.

So that was a long explanation but I guess my point is you use different strategies for different things, and being inside your head is not a bad thing, just make sure you're controlling the dialog and focusing on things with positive implications, like how you're going to accomplish this run. etc. (note: this is not the same as some bullshit happy place you got to in times of stress, which they did try to teach us. Fuck that nose.)

"Fuck it" = The ability to let that which does not matter truly slide.

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[–] [crazy8ball17](#) 1 point 1 year ago

I can honestly not thank you enough for taking the time to answer all of my question. I am forever grateful!

Going through BUD/S did you have a personal mantra that you repeated to yourself when times got tough? I know Richard Machowicz said his was "Not dead, can't quit" and the author of Breaking BUD/S said in his book that his was "this is what I'm doing now". Just wondering if you personally had one

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[–] [nowyourdoingit](#) SEAL [S] 3 points 1 year ago

Haha, no, but both of those are good. I think I tried the mantra thing but it didn't take, except for "fuck it" which I still use all the time. I'd say that when the worst stuff is happening, you don't really have any spare brain space, you're just in the moment surviving it, and then it's the in between times that some kind of mantra comes in handy. The hardest thing in BUD/S is when you get raped by an evolution and you have to go run right to the next raping.

Ok, here's a great way to explain it. Surf torture is usually 3 sessions of between 10-15min depending on the water temp. You get out between each session for a couple minutes while they check for severe hypothermia. Guys don't quit at minute 8 of the session. Guys quit after the hyp check after the second session, when they're told to turn around and walk back out into the water. I saw dudes looooooose their minds. Like running around the beach screaming, "they can't do this, they're going to kill us. don't go in. we have to stop!" That's the time for a mantra. Something like, "fuck it, so they kill us, so what, those cocksuckers aren't getting the satisfaction of seeing me quit".

Comes down to this" Rather be dead than a quitter.

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How worried were you about getting injured and being med rolled/dropped from training? Would you say that's a lot of guys' biggest fears? One big wave in surf passage or one misstep in log PT can end all aspirations and months-years of hard work

Do the fuckin' new guys only get respect once they've come back from their first deployment and have proven to be a capable operator? Since there's gonna be little combat from now on will the seasoned vets never really respect the young guys coming up because they've never really been to war?

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Posting from mobile.

It's a big fear but it's one of the uncontrollable factors, like getting smoked by a comet, so why worry. You tend to adopt a bit of an attitude of denial towards your injuries eventually. "Dude. You should go to medical.". "Nah. My eyeball always hangs from its socket like that. I'm good."

Yeah, there is a high probability of that. Older guys usually think they're better than younger guys anyway. Combine that with some of the guys who hit the sweet years of the war and there will be plenty of animosity back and forth I'm sure.

As far as the FNG thing....The general rule is you're a FNG through your first platoon. Deployments don't necessarily weigh in as a lot can be learned from how you handle your platoon responsibilities. Guys know that someone might have done 5 deployments where they sat on their ass and played Xbox and the "new guy" might have done just a part of one because they got into a dick dragger firefight and he got blown to shit. War isn't something that fits nicely on a spreadsheet like rank and seniority.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What exactly is a platoon? I've always understood it to be a military unit but SEALs seem to have a different definition of it. In Class 234 one of the instructors said, "if I'm on a platoon, on a mission, and I want to kick some guy in the face etc". Is it the duration of the training build-up/time spent in particular Team?

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The Platoon is the basic operational element. You go to a Platoon. The Platoon has a leadership structure and maybe 14-24 guys. A Team is composed of multiple Platoons but as far as you're concerned, your platoon is your life. You'll have a period called ProDev, professional development, where guys will go off individually or in small groups to do schools and get the skill sets that the Platoon will need. Then everyone comes together for the Workup. Workup takes 6 months to a year and involves realistic training with your Platoon. Workup is similar in some ways to a deployment, and it's designed that way. After workup you deploy. Rinse. Repeat.

A SEAL doesn't feel right if he's not in a Platoon working with his frogman brothers towards some common

goal. So when you get cycled off to be an Instructor somewhere or some other odd job the Navy needs you for, you're still a SEAL, but you're not in a Platoon and you're not operational, and you should feel weird about that.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

When does a platoon end? After you deploy? Then you restart into a new platoon? In your 'typical career path' you had First Platoon Second Platoon Instructor role 3rd Platoon 4th Platoon Instructor role/tier 1 selection

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Yeah. You workup, deploy, disband, and then go to another platoon. Occasionally weird things happen but that's the general formula.

They have this idea for your career path that they try to put you on but the whole thing is super flexible and in constant turmoil. Think NFL but like 100x more discombobulated.

In general you'll cycle through doing a few platoons and then something else, few platoons, something else, and then leadership roles. Some guys just do platoon after platoon though, and some guys just do desk jobs the whole time.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do you agree with Stew Smith that in that it's not enough to try to simply survive BUD/S-you need to be competing every single day? Better your run time, swims, o-course, be in a faster swim pair, etc. And that most of the people who graduate hated to lose more than they liked it win?

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Yeah, but that IS surviving BUD/S. You're going to be in a class with world class athletes. If you're not one of those, you're going to be competing just to survive. If you're world class, then maybe you're competing to better your personal time or set a BUD/S record. End of the day, you're competing with yourself to push through your own mental barriers.

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[\[-\]](#) [Gargoyle_Cock](#) 1 point 1 year ago

I'm 18 years old and pretty fit, played 3 varsity sports including wrestling and rowing, but i'm small 5'11 and ~175. I've always been really in to the navy seals and wanted to do BUD/S training just to see if I could- are most of the guys the ridiculously big muscle head guys 6.5 and 250 dudes you see in the gym or...?

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You'd be above average height and average weight.

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I was 6'3 175

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This guy just posted his "BUD/s Experience" on SEALSWCC...whiny bitch or legit info?

"My BUDS Experience Okay so I used this site a lot before I shipped. I thought I would pass on some advice.

am no longer in training due to injury. I did not dor, not that their is anything against my friends who did. My class was a hammer class, meaning we got a lot of extra buds. That means extra beatings basically. Our first week of phase we slept less than 10 hours, and we almost set the record for most dors in week 1 with over 60. It was awful because nobody sounded off or worked together. And everyone seemed to buy into the instructors hype of going faster and leaving people behind. Dont do that.

Don't buy that hype. If instructors tell your boat crew that one guy is slowing you down, and you don't see him duck boat with your own eyes, don't believe it. There was one dude in my class that happened to, and I even listened to it for a while. The class started to turn on this guy because he started slowing down in week 2. He wouldn't quit but the instructors gave him more attention than anyone else. And the class didn't have his back. Turns out he had 2 fractured femurs and a broken bone in his foot. I felt bad I didn't have his back when I found out. So don't do that to guys when you get here. If you have to slow down for a hurt dude, do it and take the beating like a man.

Running: being able to run fast for a long time doesn't matter here. You need to be able to run a 730 pace. For 4 miles in boots. No faster. What you need to be good at is running with weight on uneven surfaces. Get a 35lb vest or ruck to start, and practice running 2-4 miles a few times per week. You don't want to get gooned on a ruck run trust me.

Swimming: doesn't matter. Sorry swimmers. You swim once per week with fins, everyone passes because in prep you swim every day.

Also. If you've read any books from guys that went through buds more than 2 years ago, disregard almost all of that information regarding physical training. We aren't in a war like we were, the navy doesn't need or want a bunch of new seals. That means the whole 'all you have to do is not quit' concept doesn't exist anymore. Dont think you'll come here, do the bare minimums and make it. Do that and you'll go away. Buds is about excelling now. You have to be good at everything. The average number of guys that make it through hell week has been less than 30 for the past 6 classes. Around half of those are officers. That means around 12 guys that ship to bootcamp together will make it out of 150ish. That's just cold hard truth. My class had 11, the last class had like 6.

Bottom line is don't buy the instructors hype. Ill answer questions if I can. Good luck."

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

He's right about seeing it with your own eyes. The instructors will sometimes just pick people at random to bring attention too and if that persons boat crew feeds on that it's a good indication to the instructors that the guy is a

shitbird. So if you can't do a good job and just physically can't do anymore, my personal philosophy is help that guy. It's all about switching out the 2 spot, which will make sense once you get there. Don't do the ruck bullshit. You're not rucking till 3rd phase and by then you'll be solid. Do strengthen your legs so you can run up hills and in soft sand carrying extra weight (but you do that by squatting, not running in sand and injuring yourself prematurely).

I've seen firsthand "hard classes" and "easy classes". You end up with like a 10 person swing between them in the end. Maybe a class has an easier hell week and more guys get through. Usually that just means more guys will fail in pool comp. Graduating classes don't fluctuate all that much on average. They talk about classes where no one got through and classes where no one DORed in hell week. The standards at BUD/S aren't changing. The course isn't changing. If someone says its harder than it used to be, ask if they've been there before.

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Also. Here's a secret. I have no doubt the Instructors are saying, "War's over and we don't need or want you so we're going to make you quit.". But that's just a head game. The Command is under constant pressure to get the number of graduates up. The Instructors just won't sacrifice the standard. (I've seen this firsthand as well.) SEALs are in as high of a demand as they ever have been by the DOD and we're all getting out. Record numbers of O3's and E5 and E6's are popping smoke and getting the fuck out right now, so the Navy is going to do everything it can to backfill those positions.

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Also. He's right about swimming but you should be comfortable and efficient in the water because that can mean the difference between struggling to make time and having a nice relaxing hour + to yourself. And guys to fail. Just usually they pass enough of them to advance phase. I knew one guy dropped for swim times because he couldn't pass even after a roll. And if you fail.. you'll get gooned pretty hard so swimming isn't a huge deal but if you suck spend some time in the pool.

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Thanks a lot man, invaluable info...I can't understand why everyone thinks BUD/s is so impossible, in my mind if I show up in shape and put out I'm going to make it. I guess I'll find out when I hit the surf in coronado.

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It's pretty hard. It's just impossible for those who think it's too hard.

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[\[-\]](#) [VeloxRatio](#) 1 point 1 year ago

I tore my hip labrum and had surgery to fix it. It's been two years and still have occasional pain. I know you've said a lot about injuries before, but do you think this would be a problem? Assuming BUMED will even give me a waiver.

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

It's going to probably bother you in BUD/S. You've got to ask yourself whether or not you'd use it as a reason to leave. I think you could get that waived, it's a fairly common sports injury.

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[–] [Eightwolf](#) 1 point 1 year ago

Any tips on land portage? This seems like an evolution that I should understand fully, after all I want to have the mindset that I would want to compete in BUD/S rather than hope to survive. Also, I have read different opinions on the issue, such as an individual should not prepare for an evolution, while others say quite the contrary. How do you feel about trying to prepare for an evolution, and if you think it's worth it, anything you would have done for deal with evolution's like land portage?

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[–] [nowyourdoingit](#) SEAL [S] 3 points 1 year ago

Nothing can prepare you for land portage. Look around the chow hall during your first meal after your classes' first land portage and see if it looks like anyone was prepared for the raping they just experienced.

Don't prepare for evolutions, because they'll be different in real life and the last thing you want to be dealing with is your own expectations for how something is supposed to play out. A great example is the 7 Levels of Hell run. You hear about, you know it's coming, but you don't know when, so it plays with your head on every run. When it finally comes, it's not that bad at all, just some fuck fuck games and gooning, but everything seems worse because you're stressing that you have to get to the net level as soon as possible, etc.

I had two drastically different 1st Phases and Hell Weeks. The 2nd one was easy not because I knew what was coming (I didn't, really), but because my perception had changed during the 1st one. I realized that compared to how bad things could be (like walking pneumonia and SIPE during Hell Week), they usually weren't actually that bad. BUD/S isn't about showing up with the biggest reserve tanks. It's about finding out how deep your reserve tanks actually are.

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[–] [su-5](#) 1 point 1 year ago

I heard that it helps to learn a couple more languages so you can "be someone else" if you get cut off when deployed. Has this ever come in handy?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

No. Learning languages is great if you want to travel and work internationally, but it doesn't help much being a TG.

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[–] [su-5](#) 1 point 1 year ago

They lied to me! Whatever, I guess it's good to be learned anyway. Oh btw, thanks for taking time to reply to these comments, I really appreciate it.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How many hours of sleep were you getting on average in each phase? I heard you get less and less as you move into 2nd phase and then into 3rd phase

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Probably 6-7 hours in 1st phase.

More in 2nd phase. Same in 3rd phase until the Island at which point it drops to 3-4. Always early mornings and occasional late nights. But sleep wasn't that big of a deal for me and I usually like to get my full 8-11 hours.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Were the DEVGRU guys arrogant in any way or did they think they were above the rest of the regular TGs? Or did they feel all SEALs were in the same brotherhood?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We are all in the same brotherhood. I would say that any arrogance that you might get would be personal arrogance which the guys would probably have anyway. The thing about T1 is that the standard is higher, the professionalism is higher, the guys have more experience and pride as a result of that, but they also tend to have a lot more humility.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What was a typical PT like that you did with your platoon?

Do you agree with the statement, "If you can pass your PST, physically you have enough what it takes to graduate BUD/S"?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

You don't really do Platoon PT's. Command PT's, depending on the command headshed, are usually a few times a month or even twice a week and are usually pretty much a huge waste of time. Often they're instigated and implemented by old dudes that spend all their time on their asses behind a desk, so they like run/swims and cardio because they can kind of do it and it makes them feel relevant. By the time you get to a Plt, you should have a ton of knowledge about what works for you and be on your own program. They have a network of training specialist to advise you if you want it as well. In general though, any good TG is going to bitch and moan about the faggy run/swim/run eating into his regiment time and gains. There's an interesting article floating around recently about the cultural aspects of exercise. Wealthy white collar types yog and kayak. Blue collar types grunt and lift weights. You see that

reflected in the Teams.

You'll also see a lot of guys, at all levels, who are fat fucks or weak beyond belief. It's easy to skate and plenty of guys do. There are active duty SEALs wearing Tridents right now at this moment who couldn't pass a PST with a gun to their heads. Guys that look like mall cops. It's embarrassing, but it's something you better be ready to see if you get in... Fat SEALs. Goddamned travesty. Goddamn. Anyone reading this: if you ever become a Navy SEAL, you have an obligation to the reputation of the brotherhood to do some goddamned sit ups. Don't go in if you don't want to spend your life being yoked.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Dude, fat SEALs? bums me out. The whole reason I started getting into this is because I wanted to live a life of constant ass kickings so I could atleast fall asleep knowing I wasn't a pussy that day. Are these guys that have been in a really long time or something? It would be wicked disappointing for anyone I bet to be a super motivated new guy and then getting to the post and finding out nobody else wants to do the hard stuff you thought you were signing up for haha.

I definitely appreciate how down to earth your responses are though - everything else that us civilians ever hear about the Teams is so heavily romanticized that your answers are honestly extremely eye opening. Its just cool that you don't have super cheesy responses to everything. It just makes the lifestyle seem more tangible and less like a spartan fairy tale.

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That's the general reason guys get in, and the general reason for the widespread disappointment.

No, there are fat SEALs at all levels. Guys are getting fat in language school and showing up to their Teams unable to pass the PST. There are Chiefs walking around with Birds that couldn't do 5 pullups. That's reality.

A lot of times it's not a matter of nobody wanting to do the hard stuff. Most guys are down for hard and shitty work, but some guys are lazy. Often the frustrating thing is the hard and shitty work is hard and shitty for no reason other than the old guys think it should be. My point being that the challenge isn't really there. Guys that are lazy don't want a challenge. Leadership doesn't want a challenge (challenge = risk and leadership is averse to risk). So you'll find yourself doing something dumb and shitty just for the sake of it. I wish I could give you more descriptive concrete examples but a lot of it wouldn't be appropriate. It's like doing long transits on a zodiak. There's no challenge, you learn nothing after having done a few, but you'll just keep getting tasked with em so the leadership can say, "look how many of these hard shitty zodiak transits we did." It's non-productive wheel spinning that destroys morale. Guys want a challenge.

No worries. I went in for the Spartan mystique like most guys. I don't think that helps anyone. Just leaves dudes disillusioned. It can be an awesome job, you'll work with some of the best guys on Earth. But it's no Spartan fairy tale.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

And yeah. If you can do the PST you'll be 95% of the time able bodied enough to do any evolution.

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[\[-\]](#) [mongomania197](#) 1 point 1 year ago

1. Do all navy SEALs get top secret clearance through the navy?
2. What type of job/work opportunities have you gotten as you transition out of the navy due to your SEAL experience?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Most only get a secret, which is usually required. ie. guys who lose it for whatever reason can lose their jobs.

Not many actually. I'm sure if I was in the US employers would be more responsive to seeing it on the CV, but I've applied to about 150 jobs and haven't even gotten an interview. I'm not even 'qualified' to do PSD (the normal fallback for an ex-spec ops guy) for a few security contractors because their State Dept contracts stipulate a requirement for combat tours in OEF/OIF, which I never got to do. Mind you, I've done PSD for the POTUS, and could instruct top level training on PSD...

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did you ever have to get on the polygraph?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. I did a research paper on them in college though. They're total bullshit.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

"it's not a lie if you believe it"-George Costanza

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It doesn't matter if you believe it or not. There's no accurate way to measure a physiological response to a lie short of an MRI. It makes no sense medically, it's been disproved in every study ever done on them, and the reality is that they work as an intimidation factor only. The tactics they use at the NSA and other agencies for polygraph clearances are actually interesting to study, but they have nothing to do with the machine measuring your responses. 90% of a polygraph test is the pretest interview before they hook you up. They ask seemingly innocuous questions ("have you ever taken office supplies home?") so they can "get a baseline for later" but these innocuous questions are what they're really interested in. They then use these answers to pressure you into revealing more when they tell you "the machine says you're lying."

Here is a (probably staged) but excellent example of what polygraphs are really about, interrogation.

http://www.youtube.com/watch?v=DfoQhXLh_TI

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Were you asked to be an instructor anywhere before you decided not to reenlist?

How many platoons does your first enlistment usually cover? 2 or 3?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yes. 2 usually.

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[\[-\]](#) [crim25](#) 1 point 1 year ago

At BUD/s, what is the fastest time requirement in the progression for the 4 mile timed run? I've seen 30 minutes, but I've also seen 28 minutes.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

28min. No one fails for run times. When you finally get to run on solid ground with running shoes, you'll run a sub 24 without breaking a sweat.

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[\[-\]](#) [crim25](#) 1 point 1 year ago

Good to know, thank you. My PR right now is ~26:30 in running shoes, but I just recently did a run in soft sand-- and that's a game changer to say the least.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You'll be fine. You'll get used to the boots and pants and you'll be slower but you'll make times easy.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do you think people hype up the 50m underwater, drown proofing, underwater knot tying too much ie. worrying about them and practicing them before BUD/S when in fact they are pretty simple evolutions and they teach you everything you need to know there? Were there many people that actually struggling with them?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Definitely, I'm not saying they're not challenging but you'll be given ample opportunity to practice and you'll know if you suck before it comes down to make or break so you can get in the pool on weekends and do extra training.

The 50 is cake. Knot tying is a toss up because tying the knots isn't the hard part, it's the dick measuring you do with the Instructor who has to give you a thumbs up underwater before you surface. If you get a guy with a huge breath hold he might want you to tie all 5 in one go. Still not something to worry about too much but if you're bored at the pool you could practice, WITH A BUDDY.

Drown proofing is pretty easy to do but some guys struggle. Mostly due to the 2min float and the porpoise back and forth across the pool. If you're dense, spend extra time practicing porpoising in circles in a 5'x5' square because you'll probably have to do that constantly instead of floating.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

In honor of Shark Week, any cool shark stories?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Everyone has their 3rd Phase, walking down to the beach for the night swim only to see a half eaten sea lion washed up on shore story.

I've been circled a few times but not by anything bigger than 4m. I chased a 5-6m hammerhead out of the swim area when I was lifeguarding as a teen. Sharks are pussies. Don't get me wrong, they can kill you dead, but they're mostly terrified of us.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

1)Does running in soft sand get easier the more you do it 2) At what point during either training or in the field did it hit you that you finally were a SEAL?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Yep, just like everything else except diving.

That's a hard question. I suppose getting pinned was a big deal, but I usually just felt like a guy with a shitty Military job who very rarely got to do Navy SEAL stuff. Highlight of my short career was getting the leash taken off for a short red cell gig. That was fun.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What were the demographics like from guys in the Teams? Predominantly white, followed by Hispanic, with a few African and Asian-Americans? Also did you see that guys coming from urban or rural areas seemed to make it through BUD/S at a higher rate? Or was it pretty much the same?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, like 90% white. It seemed like blacks and asians were about equally represented and hispanics were even less. I remember the one hispanic in my BUD/S class rang out and was back a few hours later. Apparently the Instructors convinced him to stick with it because the Navy wanted to see the numbers go up. He quit again anyway. Affirmative action is real in the Teams. Racism is pretty small but it does exist as well, probably a lot less than the military in general, but it's there. It's almost all that 'almost politically correct redneck' type of racism. Not AHX stuff.

Lot of guys from Michigan. Michigan and Pennsylvania and Texas were all well represented but it seemed like the

urban/rural split was pretty even.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Really? Weird....I'm from right outside of Detroit

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think guys from Michigan, for whatever reason, have a better sense of humor about things. BUD/S doesn't seem to phase them as much.

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

How much did you enjoy your time while in the Teams?/ Would you do it all over again if you had the chance?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Mostly I hated it. I'd do it all again for the times I didn't...and BUD/S. I'd go to BUD/S tomorrow if they let me.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

What was so bad about it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

You're in the military. I can't overemphasize how bad of an organization the DOD is. If America has the best military, it's only because everyone else sucks.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Interested in knowing why you'd go back to BUD/S in a heartbeat?

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Dude, BUD/S is good times. You might be cold wet and miserable, but brother, you are ...

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Amen to that. Working out on the beach, playing in the ocean, constantly learning new shit from amazing guys with incredible skillsets, being around awesome dudes who have your back, etc. Beats sitting behind a desk staring at a computer for 10 hours a day.

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Yup. SQT is pretty much the shit as well. Then it's downhill and you might as well be behind a desk because you could at least be earning money.

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[–] [ekleiss45](#) 1 point 1 year ago

You posted earlier that when you were deployed you sat around waiting for things to happen. During this time what would you do? Did you still bounce around from place to place learning new things, constantly training? Or was it more sit around waiting in one place and working out/passing time?

Secondly, how often did you hear about an enlisted SEALs, with a college degree already, applying for OCS and getting accepted, a mustang I think you guys say? Did this happen often, was the process fairly easy for them?

Its been said on this a thousand time, but seriously thanks for doing this Q&A, and thanks for the service.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Eat, sleep, workout, play video games, watch movies.

This notion of constant training irks me. You will never be allowed to train as much as you want to. You will always be limited by some factor: range time, ammo, other responsibilities, the Chief doesn't want to do the ORM paperwork, and on and on. You'll fight to train and you'll fight to fight and the whole time you'll be asking yourself why you nearly killed yourself to be the most ruthless murdering machine on earth when you work for a bunch of pencil pushing bean counters. I hear there are some units where the situation is better, but only in degrees.

It happens. I've probably heard of a half dozen or so that I can think of. The only one of my friends who tried it got shot down. It's a pain in the ass process involving a lot of paperwork and opacity, as well as sucking up to the O's at your command in order to obtain letters of recommendation.

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[–] [ekleiss45](#) 1 point 1 year ago

Were you constantly moving around city to city, or did you stay in the same place mostly?

Did you ever give DEVGRU a thought?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

I lived in 6 cities in 5 years. Not counting all the training trips, etc. So yeah, you move pretty frequently.

Of course I did. Still do. But it's just not worth it to me anymore. I fell in love with something/one besides the Teams.

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[–] [crazy8ball17](#) 1 point 1 year ago

How long was your enlistment? From the time you went to boot camp how long (months I guess) did it take for you to get pinned? Does your time in training count towards your enlistment time?

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6 years. Yeah, it all counts, and your DEP time counts towards your reserve requirement I believe which isn't a big deal.

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Oh and it took 15 or 16 months to get pinned I believe.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Really? I was expecting ~ 2 years from boot camp to getting pinned. Maybe it would take that long if you got seriously injured and had to be rolled back for a few months to recover

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

If you could go back would you want to try to go in as an officer or stay an e-dog? Did you go to any cool schools?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

E dog all the way. There were a few O's I liked, but none that I trusted. No cool schools. Kodiak was the best block of training.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

why didn't you trust the officers?

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They are generally good guys who have an us and them mentality burned into them. They will never consider themselves equal to the enlisted guys at the end of the day, and that makes it easier for them to justify actions which would be unthinkable for a lot of e-dogs. They also generally have a different focus and value set. It's not a slight against them, it's just a function of the job they chose to do. They are politicians. I know a lot of enlisted SEALs who were smarter, better educated, and more competent leaders than the O's but who's primary motivation was being a SEAL, not being a Naval Officer. Sort of how we somehow end up with a bunch of shitheads running the country, even when they're good guys to start with the function of being a politician causes them to compromise. Naval Officers put themselves and their careers above their men, it's just what they do.

Having said that, I'd put my life in most of their hands operationally, and I'd trust quite a few of them with my wife, but I would never trust one to do the right thing at risk to their own career. And again, some of them might even do that on occasion, but it's not something I would ever count on.

You trust your President to put you before himself and his career?

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do you think BUD/S Prep prepared you enough physically for the rigors of BUD/S? I've read and heard that they don't really focus on running all that much and the curriculum should be modified to include more distance running on back-to-back days. Were some of the guys at Prep with you not in very good shape and you could tell that they didn't follow the PTG or workout very hard in the months leading up to shipping out?

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Prep was great. I felt really physically strong and healthy going to BUD/S. I wouldn't have done any more running. A lot of guys were getting pretty bad shin splints, myself included.

Being healthy and strong going into BUD/S is not that big of a deal. BUD/S is not the NFL combine, it's being kicked in the balls. It's mental.

There were a few guys who failed some portion of the post Prep PT test (to go to Indoc) but that's not something I'd worry about too much.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hey, I'm a BUD/S hopeful with two questions

1. Do you recommend more high intensity interval stuff or high milage for training? So far it seems like intervals give better long term results but high volume can make intervals easier
2. What's your free time like after you get out of all the initial schools? Do guys still have time to play guitar or read or draw just keep up on whatever hobbies they've been into? I know you don't get to see family and friends very often but the occasional alone time is definitely something I would be better off with.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Def HIT/ Intervals. Save the high volume for occasional mental conditioning. Quality over quantity for the body. Quantity over quality for the brain. You don't run marathons to train your body for a marathon. You run a regiment which will include occasional practice marathons to get your head ready, but which are actually detrimental to your physical conditioning. Make sense? No one does the kind of volume they do in BUD/S once they're out. It degrades you. Recovery is half of training.

You'll have a lot more free time than you might expect. Most guys complain that they have too much free time, or at least that they don't get enough training, schools, range time, etc. etc. Hobbies are a huge part of keeping your sanity.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hell yeah man. I was doing hour long runs every day and it wasn't making me that tired but damn was I bored. Intervals are a ton of fun though, just shutting the mind off and killing it. Good to hear that the lifestyle isn't always as draining as BUD/S will be, great actually.

& awesome. I have a feeling shooting guns can take the place of drawing for me but I don't wanna get shitty at guitar haha

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

If BUD/s is a 9 average, your average time in SQT is a 6 and your average time in the Teams is probably a 4. You'll do things that are harder than BUD/S, but not that often and not with the sort of nonstop intensity or fear of failure. In the real world, you just die, and for whatever reason, that's a lot less stressful than failing.

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[\[-\]](#) [bmx](#) 1 point 1 year ago

I want to be a SEAL, I am through MEPS and will start PSTs soon. The one thing that worries me is if someone will think I have the wrong personality to be a SEAL. I am not a super Alpha type A personality, I am definitely reserved and introverted and I don't show a lot of emotion, ever. Could this be a problem in becoming a SEAL?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Nah, you sound like a psychopath. Perfect SEAL material.

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[\[-\]](#) [bmx](#) 1 point 1 year ago

I guess you could say that, are you being serious with the "perfect SEAL material" stuff?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah dude. There's an extremely high level of psychopathic tendency in the SEAL Teams. Make no mistake about it, it helps to be homicidal. I haven't read "On Killing" but supposedly he references studies done claiming the normal rate for sociopaths is about 2% in general society and the military, but much much higher in spec ops. Average people don't want to cut throats and shoot people. When they do end up doing it they have PTSD. SEALs get PTSD, but not usually from smoking people, losing friends, yeah, but not killing.

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Besides, they got this stuff now, I forget what it's called....C2H6O. Anyway, stuff is awesome. It'll have you [all](#).

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[\[-\]](#) [bmx](#) 1 point 1 year ago

ALso on my mock PST I did swim 9:49, pushups 82, situps 81, pullups 17, 1.5 mile run 9:39. Do you think that

will get me a contract? I did perfect form on everything.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

It should. Those are all solid numbers. Work the pushups and situps if you want to focus anywhere, but otherwise those are solid. Also, 20 is the magic number for an 'impressive' amount of pullups.

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[–] [Nidkid](#) 1 point 1 year ago

You're telling me dude I just asked a question about if id still have time to read and draw. I saw a Discovery Channel documentary on DEVGRU and apparently they've got intellectuals just as much as loud and ignorant

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[–] [crazy8ball17](#) 1 point 1 year ago

Did you go to sleep during HW? I've read a few accounts where guys say they fell asleep but if they had to do it over again they'd try to stay awake in order to stay mentally "in the game" and keep the mental edge. Also they'd stretch instead of sleep because after waking up their muscles were so swollen. They all said the wakeup after that first nap was brutal beyond belief and a lot of them couldn't take it mentally. Thoughts?

Were you able to wear compression shorts throughout BUD/S or only during HW?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Yeah. Everyone sleeps in HW. You do it automatically in little spurts after a while. So weird.

Fuck that noise. When you get the chance to lay down, do it. It's going to hurt when you get up, but it already will anyway by that point. No one quits by the time you get to the first organized nap. You can take anything at that point. They could shoot you in the dick and you'd just keep running towards the ocean to hit the surf.

I forget the rules with compression shorts. You get them for some parts of training and not for others. All part of the fun. Only difference is the UDT shorts chaffing a little. NBD.

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[–] [clancy25](#) 1 point 1 year ago

If you were preparing to go back to BUD/s what would you focus more on and what would you focus on less? In terms of physical prep I mean.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

If you're asking what I was weakest on, it would be 2nd phase. I would practice pool comp more going through again.

If you're asking in general, I would focus more on getting to know the guys in the class. I was so wrapped up in training I didn't do much socializing and missed out on a lot of fun.

I would focus less on room and uniform inspections. I passed a bunch but I failed just as many which I should have passed. Huge waste of time prepping for those. 4 hours tops, just to let them know you give a shit.

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

That's all good info to know, thanks. I was more asking about a certain exercise you would focus more on. More calisthenics or lifting? Upper or lower body? How much should I focus on core workouts. Or should I just work them all as equally as possible. I know being in good general fitness is what you want, but any area one should develop more for BUD/s?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I did pretty well at BUD/S and generally place pretty high in the pack on most things. Nearly had a couple of West Coast records at one point. I say that because during most of that time I could barely do a body weight bench press. Pecs are not a necessary muscle for a SEAL. Get your legs strong. Get your shoulders strong. Get your pulling muscles: lats, forearms, back, etc. strong. Get your cardio up.

Once you get through, if you want to pack on huge pecs and crush skulls with your bare hands, more power to you, but for BUD/S you want functional muscle(it can be used in locomotion) that is strong and resilient, and a great cardio system to fuel it.

I would have worked on squats and shoulder presses more, two things I was relatively weak in which negatively affected my boat crew.

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[\[-\]](#) [Polynikes27](#) 1 point 1 year ago*

Thank you for this AMA just spent a couple of hours absorbing all this info. I have one question, is my first year of college and I'm thinking about doing the first two non mandatory years of Army ROTC. Do you recommend this or is it a waste of time when your goal is to be a NAVY SEAL? I was thinking the experience would help me become a better leader/communicator and hopefully get a small taste of the military from a ROTC standpoint. Edit. The school only offers army rotc and not navy.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't think it'll actually pay off but I would recommend doing it just to get a taste of what military life is like. If it's something that you end up being able to tolerate, then it'll be best to forget all the ROTC stuff when you go in for the SEALs, but that's easy.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did you have a favorite environment to operate in? I imagine the jungle would utterly suck but arctic warfare seems pretty badass. I bet your time in Kodiak during SQT was fucking awesome!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Kodiak was far and away the best time for me. I like the mountains. I'd pick alpine over jungle or dessert or urban any day. Kodiak in the summer though might as well be jungle. Took us 12 hours to move 1.5k one night.

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Thanks very much for your service & taking the time to answer all of these questions... It's been a very valuable past couple of hours or so taking all this info in.

Might seem like a lame question given everything that you've done, but I just wanted to ask if you followed a particular training program prior to obtaining your contract? I do like the PTG as a well rounded program on the sealswcc website but i'm really struggling to see improvements with both my push ups & sit ups - I've been stuck on 47 & 53 respectively for the past couple of months. Not fantastic at all. Is there any advice you could give me specifically in regards to this? Thanks again

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

The SEALSWCC website is a decent starting point, but you're better off trying a variety of programs and determining what works for you. Lifting heavy things will make you stronger. I highly recommend something like strong lifts or ICF to get well rounded strength. Experiment with cross fit type stuff as well. A lot of our tactical athlete programs are similar to cross fit. I really like mountain athlete.com as a resource as well.

When I was getting ready for BUD/S I had a tiny bit of x-country background and a strong swimming background, but not a lot of lifting exp. so I did a lot of calisthenics and dumbbell shoulder presses and dips and I tried to run twice a week. My PST run time was never below 10:15 until Prep.

You don't need to be elite or even above average to get through BUD/S, so don't stress too hard. Work on safely getting stronger and faster and better endurance. And as soon as you're comfortably hitting the standards start the process.

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Thanks very much, will check out those resources now, much appreciated

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No worries

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Obviously I'm not a SEAL but I'm currently using the PTG to train. My numbers have shot up when I started playing little games with myself. Walk through a doorway? 20 push-ups. Get something out of the fridge? 30 situps. Want to change the channel on the TV? That's gonna cost you 15 push-ups. Stuff like that has worked for me

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

Thanks for the info, sounds like a fun way to train

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Any funny stories of times where you were feeling a little froggy?

How would you rank the SEALs, 75th Ranger Regiment, SF, MARSOC, etc in terms of operational proficiency/skills/training/etc. Objectively of course...

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

SEALs MARSOC PJ SF 75th Ranger in general and subjectively. I think someone from Shaws could probably give better objective info. I've also heard that cag draws a lot of guys from the rangers but whether that's because they work closely together or because SF guys have an attitude or maybe rangers are just easier to train to their standards. Whatever the reason, the rangers have a lot of good guys but I barely consider them spec ops. They're advanced infantry.

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[\[-\]](#) [bmx](#) 1 point 1 year ago

I'm sure you've heard of Chris Dorner, he had Navy Riverine protection training. What would have happened if he was a SEAL and planned his revenge plot, 10+ cops dead and the whole city shut down?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I had not heard of him, but I just read the wiki on him.

I couldn't say. I know some guys that I would never want to piss off though, and I know that a rampage involving innocent civilians and ending with a self-inflicted GSW is amateur hour.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Can you describe what it was like when you stepped onto the grinder Phase 1, Day 1. What was going through you mind(if you can recall)? And what would be the best attitude to have coming into what will be the biggest asskicking of your life up to that point?

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I was pumped. A little nervous, a lot excited. You run onto the grinder as a class and each man takes a spot on a painted fin marker. Then you just yell. For like 10 minutes we yelled as loud as we could. It's an announcement to the Instructors that you're there and you came to party. It's good times.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Could you tell if some guys were scared shitless? With looks of absolute fear and dread written all over their faces?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Ohh yeah. I probably looked like that as soon as the Instructors came out and told us to hit the surf. Nothing ruins a good day quicker than being told to get wet....

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[\[-\] clancy25](#) 1 point 1 year ago

How many students in your class had wives or girl friends? How much did it affect them?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

It seemed like a pretty small percentage. A higher percentage of the O's had SO's than the enlisted. I think it can be a positive or a negative. Obviously the support is nice, but I know a few guys who were distracted by them. The worst were the 2nd and 3rd classes that were coming from the fleet who had wives or girlfriends. All of them quit and almost all of them used their home lives as an excuse for quitting. Like this one cat who had been med dropped once before and was finally back after two years and who quit 2 weeks into 1st Phase "because his girlfriend had just gotten pregnant." I mean christ, BUD/S is only 6 months long. You'd be half way through SQT by the time she pops. Guys use their families, their SO's, the way they use the "couldn't keep up with the boat crew" excuse, as a self righteous justification for quitting. Almost everyone quits because of the suck, whatever they say. Probably 2% have a legit change of heart unassociated with the misery they're experiencing.

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[\[-\] mikeeas](#) 1 point 1 year ago*

Came over here because someone linked to this on sealswcc.com forum, I want some advice from a btdt. I'm thinking about quitting my crappy job so I can just focus on training for BUD/s, would you recommend doing that? I work at making 10.18 an hour about 30 hours a week, and I can't really get less hours because my boss always says he needs me to do 4 shifts a week even when I tell him I can only do 3. I contracted with an 8:50 swim, 85 push, 87 sit, 20 pull, and a 9:18 run but I think I can get much better scores if I devote lots of time to training. And I don't really need money because I'm living with my parents, I just want to make it through BUD/s, will focusing on training 24/7 give me a big edge?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nope. Your numbers are pretty solid already. Better than most the guys I know who made it through. You don't need to do BUD/S before you do BUD/S. Solid PST numbers and the right mental focus and you're good, and you won't improve your mental focus anywhere as well as you will at Prep and BUD/S. Just go do it, but until then, I'd keep banking money.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

What would be a typical job for a new guy who just joins his particular platoon and do you have to have a certain number of platoons under your belt before you're able to go to breacher/sniper/point man school? Aside from those 3 and medic/comms are there any other specific roles? And anyone who isn't one of those 5 are in 'support roles'?

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[-] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

All that is kind of hard to answer just because so many variables come into play. I knew guys who got put into plts with a lot of experienced guys who were literally the 550 cord LPO (i.e. their only regular responsibility in the plt was keeping the rolls of 550 paracord from becoming tangled). On the flip side, I was running 1 department, secondary to another department and basically filling where I could help in the others because initially our few experienced guys were off at schools. That's sort a dream situation that rarely happens though. Average is that you'll be secondary on a dept or two to learn the ins and out so you can take it over later. If you take it seriously and are competent and the rank give the nod you might be able to take it over. Sometimes there is stiff competition for dept head spots though.

Same deal with schools. On average you'll go to the boring short fiddly schools first, random things like load hazard or outboard engine maintenance. The plt will need x number of y types of quals to be possessed by the guys to be functional, and that'll be first priority, then after those standards are met, if their are slots open and money in the budget you'll get Professional Development schools that mak you more capable, like sniper and breacher.

There are probably 20-30 little functional "hats" that need to be worn throughout a cycle. You'll need qualified dive sups to run dives, you'll need a hazmat guy to oversea and sign off on packing out batteries and fuel and oil for trips, you'll need a JTAC or two, you'll need an air ops guy (forget the title) for rappelling or fastroper or skydiving. It goes on and on. Most of them are boring bureaucratic paperwork type roles, with associated schools in the few days to a week timeframe, which are mostly powerpoint.

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[-] [crazy8ball17](#) 1 point 1 year ago

Oh boy, and here I was trying to get away from all the paperwork and powerpoint in my office job ha

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[-] [nowyourdoingit](#) SEAL [S] 2 points 1 year ago

Here is how a slightly below average SEAL school goes. <http://www.youtube.com/watch?v=jRqLFn9rDJs&list=FL7bCWwg-sY4RX4l3ncYqaiw&index=2>

There are definitely better ones, but that could be comms school right there, for weeks.

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[-] [\[deleted\]](#) 1 point 1 year ago

First off, thanks very much for answering questions for future seal candidates. I have one question for you (although I may ask more later if I think of any). How would you describe your fellow seals (professional, rowdy, etc) I ask because I've heard so many bad stories that have kind of bummed me out about joining the seals. Ive mostly heard stories about people getting into bar fights and excessive drinking and stuff along those lines. One of the major reasons Ive always been so interested in becoming a seal is that I want to be apart of a team that is not only professional when working but squared away and professional when no one is looking and when they're off the job. pretty long winded, sorry, but its something I'm really curious about, I'm hoping they're not like a bunch of 19 year old marines going to the strip club and getting drunk every weekend.

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[-] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

The professionalism is a lot higher on average. There are some elements of frattiness on occasion, because you do have 19y/o's who just want to bro out, but the average age is around 28. Most guys are on the smarter side, and most have already done the college shenanigans, so usually bar fights, when they happen, are instigated by someone else (re: 19 y/o marines). There's also a lot more pressure on SEALs not to misbehave. No one wants to waste all that hard work over some drunk asshole in a bar.

Drinking is a big part of being a TG though. You can be a teetotaler, but the majority of guys drink, and they drink [hard](#).

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Ide also like to know how the process of choosing a specific job works (i.e. becoming a corpsman or communications, etc) and the timeframe for that (like is it chosen for you immediately after BUD/S, during SQT, or some other time). I also remember you mentioning you went to college, I'm curious what you majored in.

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It's not really about having a specific job. It's more a matter of having specific Quals. You're in the DOD, so everything involves a certification process and paperwork. Let's say you need to move the big ISU storage boxes your platoon equipment ships in. You need someone in the platoon with a forklift qual. If you need to hang a rope to practice rappelling, you need a Loadmaster qual. A lot of these quals are obtained through short courses so guys can have 5-10 or more little "hats" that they wear in the Plt.

Something like Corpsman is a long school and 95% of guys get selected to go there straight from SQT, so they ask for volunteers and they fill the slots that way. Most other schools are done from your Team and the process is....complicated. Your Team will have a Schools Coordinator. A non-SEAL usually who, in addition to their other job, will monitor upcoming course dates and check availability. Then it's a matter of getting approval from your headshed, getting an available slot in the school, doing some paperwork, and then going. A lot of how that actually goes down often involves backroom deals and office politics.

All of this is a balance between your own personal desires and the "needs of the navy" or the caprice of fate. It's also a nonstop process. You fight for schools and responsibilities as soon as you get to your plt and it keeps up till you get out of the navy. There are always more guys than there are gigs. Like hypothetically: 4 sniper spots for 5 qualified snipers, and only 2 new sniper load outs so of the 5 snipers in the plt, only 2 will get sweet kit.

International Relations specializing in Security and Intelligence.

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[\[-\]](#) [zsfordayz](#) 1 point 1 year ago

I sent you a PM. Is that cool?

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I didn't get it. Try again.

Yeah, no worries.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How many miles were you running weekly before you shipped out?

I'm hitting optimum numbers on the run, pullups, situps, and pushups but I haven't even begun to start swimming yet. Is having a poor swim time (but still good enough to get a contract) ok since BUD/S prep will make me into a proficient swimmer? Or would I really be behind the 8-ball if I'm a weak at swimming going in?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think swimming is disproportionately emphasized at BUD/S Prep. You'll probably be a strong CSS w/fins swimmer within a few weeks of being there, and you'll get tons of practice there and in Indoc. I knew of one guy who failed BUD/S for swims.

I honestly was not much of a runner. 5k was a long run for me. I was probably hitting 15 miles a week, if that. Years before, when I was a lifeguard I would do 6 mile beach runs on occasion, and I had run x-country in middle school. I had some idea of what I was doing, but I was terribly conditioned. Thankfully it doesn't take that long to condition yourself for distance running. It's more about mental barriers than anything else.

I would try to be comfortable with all aspects of the PST. Like even if you were to be woken up at 4am and told to do the PST without goggles and the run in wet pants, you'd still pass. Not that that will happen, but I did have my goggles break during the 500m at Bootcamp which qualified you for the early chunk of your signing bonus.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Thank you!

Is your time at BUD/S prep determined by your readiness for BUD/S? Say you were a stud at everything, would you ship out to Coronado faster? And if you needed work you'd have a longer stay to get you more physically prepared? Or it is determined by when the next class-up is? Or a combination of both? What's the average time spent there...2 months or so?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There is a system but I didn't understand it or remember it. I think the primary factor is when they have space in Coronado. They use Prep as a sort of buffer I believe, but there were guys who got "rolled" in Prep, though I'm not sure if that counts against you or not. I think the average was between 6 and 8 weeks, and some of that had to do with your boot camp division or something. Unless you were rolled back, you all left together at the same time, just some guys would have been there already when you showed up.

It's an awesome time. Try to time it so you're there in the summer and can enjoy Chicago on the weekends. I'd count on 6 weeks and hope for more. Seriously top notch training there.

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[\[-\]](#) [mikeeas](#) 1 point 1 year ago

Everyone knows about the Bin Laden mission, Captain Phillips, The Rescuing of Jessica Buchanan, the seizing of the Libyan oil tanker taken by terrorists, and the very recent Somalia Raid because they were reported by the media. Are there a lot of similar missions that we will never know about? Best guess?

Also what do you think about Chip Kelly, Eagles Head Coach, being fascinated by the SEALs and wanting his team to perform in a similar manner? Great idea? <http://www.trentonian.com/sports/20140819/grotz-navy-seals-have-an-impact-on-chip-kellys-eagles>

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Most everything get's declassified eventually. The one's that make the news are the high profile successes. There are low profile successes as well. In general ops like those are happening all the time, the problem is that there are a lot of guys to do them, so in your own career you may not be party to any of them. One of the harder things about being a SEAL are the ops that get planned and then never happen. Personally, I'm looking forward to reading the declass reports in 20 or 30 years about some of the stuff I was involved in, so I can see the whole picture.

I think the single greatest thing about the Navy SEALs is their training methodology. The problem is, I don't know if that translates super well into pro athletes with multimillion dollar contracts. You expect anyone at that level to perform. I would probably take a slightly different approach myself than treating my team like a BUD/S Class. Running things like a Plt makes more sense to me. Take everyone on the road and make them bunk in open bay dorms and work their asses off during the week, then give them two vans to go into town with on the weekend. Work hard, play hard, together.

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[–] [crazy8ball17](#) 1 point 1 year ago

Any close calls during training or out in the field operation? Times when you said to yourself, "man this is gonna be a little dicey" or "damn fortunate to get out of that one"

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

There were a lot of em. Most of the time it was only after the fact that I thought, "that was close.". But there were a few times I was sure I was in the process of dying. That's a shitty feeling, having enough time and awareness to look around and realize, "I'm dead in the next few seconds if I can't fix this.". There's a great story about a guy turning a corner and being face to face with a guy in an S-vest and just instinctively pumping two rounds into him. They found out afterwards that the guy in the vest had clacked himself off at exactly the same time and should have blown everyone to shit, but one of the bullets cut the Det wire. My close calls weren't that exciting. I used to wonder if I actually died in a training evolution if my friends and family would use "air quotes" when they told people how I died.

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[–] [crazy8ball17](#) 1 point 1 year ago

To be in this profession do you have to not fear death at all? Or just be willing to accept the fact that you may die while doing your job and come to terms with that? I checked out a site dedicated to fallen SEALs and noticed there were quite a few that passed away during training evolutions, which surprised me. Can you attribute that mostly to human error, mechanical error, or both depending on the circumstance. I guess when you perform high-risk

training exercises shit can happen if one little thing goes wrong

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I take an Epicurian view of death, "Death, therefore, the most awful of evils, is nothing to us, seeing that, when we are, death is not come, and, when death is come, we are not."

I fear injury and pain just like anyone and I have no desire to die, but when I do the calculations on whether something is worth doing or not I don't let fear weigh in as a factor.

At the end of the day it's always human error at some level. Most accidents could be attributed as "freak" accidents though. We try to do dangerous things as safely as possible.

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Just curious, have you ever met any of the "famous" seals (basically the ones who have wrote popular books and make regular TV appearances) you know guys like Chris Kyle, Marcus Luttrell, and Brandon Webb , if so, what were your experiences with them?

I'm also curious what you think of No Easy Day, in your opinion was it really a major breach of OPSEC and non disclosure agreements?

And also do you have any opinions on the way NSW is doing recruiting right now, by that I mean they are much more selective now then they ever have been when giving out contracts, if you got caught drinking or with a little weed when you were 13 the recruiter will basically tell you to go fuck yourself even if your PST is super good, your 24, and you've been squared away for the past 10 years. Do you think this is good overall for NSW or maybe not so good in that it may be full of a bunch of clones with nearly identical life experiences if this recruiting method goes on for the next decade or so, I've heard some people say this is going to lead NSW(and other parts of the military) to be filled with a bunch of porcelain dolls that have never had any challenging life experiences outside of the military. For instance a guy like Adam Brown would be permanently disqualified to serve in any branch of the DOD let alone becoming a DEVGRU operator if he were to try to get a SO contract today. Again sorry for being so long winded and thanks for doing this.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, I've met a lot of those guys. Most of the "actors" in Act of Valor were BUD/S Instructors when I went through. Famous SEALs, just like regular SEALs are what they are. Some are awesome guys, others are egotistical dicks, just like everyone else. Mixed bag.

I haven't read NED but I can just about guarantee the OPSEC stuff is overblown. The only stuff we do that actually needs to be secret is maybe 5% of tactics and the actual time/date/target info, which in the case of NS, was blown that night by the POTUS. SEALs, in my opinion, should be International SWAT. When we do something, people should know. Again, in my experience, when something is top secret, it has more to do with protecting potentially

embarrassing or politically unjustifiable action.

Think of pro sports teams. They have their "secret" training regimes and plays but really everyone knows what's going on.

That's already happened. Working for the gov is pretty much for the birds. Google the wired article about coders who work for the White House being allowed to dress down. Then realize that some tech geek has more latitude in the way he dresses than a Navy SEAL. All the problems of working for a bureaucracy, just multiply by 10 and remember that since the war is over, it'd only getting worse and worse. Brain drain.

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[\[-\]](#) [zsfordayz](#) 1 point 1 year ago

Why would you say the DOD is increasing SOF troops by 4, 000 + people, but you say the war is over? It seems lately there is so much conflict with Iraq/Afghanistan/Ukraine/Syria (to name a few) that there's always going to be a place for spec ops to run around doing crazy shit. Also, what happens with really talented folks that are new but have skills/physical ability out the wazoo...are they ever selected for a different or better team? How does all that work?

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

As far as endurance training, would you recommend using a triathlon training schedule? I am debating starting a 1/2 Iron man training schedule then once I complete that, move onto a full Iron man training schedule. I know there is no biking in BUD/s or the Teams but I have heard it really helps build leg endurance, especially running directly after a tough bike is agonizing at first. I would primarily use the CSS for the swim, maybe very little free style. Of course I would still follow a strength training schedule as well. What is your opinion?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I would not. A tri training schedule is highly tailored to a single event. IMO, you'll spend too much time swimming and the runs will be geared towards longer middle distance and pacing. The basic idea of crosstraining is good, and incorporating some tri specific work into your workouts isn't going to hurt. It seems logical because you do want to be more triathlete than powelifter at BUD/S, but the guys who do the best are a little bigger (stronger) than pure triathletes.

If I were training someone up for BUD/S, it'd be 4 sessions a week of weights (M,W,F,Sa), 4 runs (M,W,F,Su), 3 sessions of Calisthenics/Stretching (T,Th,Su), and 2 swims (T,Th, and preferably open water). Weights would be centered around Olympic, CF, MA. M-F runs would be short-mid distance repeats (1.5mi x3 w/ 1mi warmup&cooldown), Fri would probably be 8-12+ 440 sprints on the 3-3:30min, Sun would be long slow distance, maybe 7-14 miles. Calisthenics would be a mix of OG frogman workouts and crossfit, with a good warmup and lot of stretching afterwards. Swims would be focused n efficiency and technique of the CSS until that was rock solid = 500 in under 9 w/eyes closed. Then move into open water if available and work on smoothness and efficiency for distances up to 2 miles.

This is very similar to the methodology you'll experience at Prep and the reason is that it gives you the best balance of strength/flexibility/endurance. It's also a lot like what you'll see most TG's doing on their own. A variety of things to balance everything out. But like the MA dude says, strength is king. Being strong makes you resilient, it makes your

joints were sore, it makes the odds of injury go down, etc. Triathletes aren't focused on strength, ergo training like one will throw you out of balance (For BUD/S).

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

Thank you for all that man, great stuff! Question on the strength days though. Would you alternate upper and lower body each day (M=upper, W=lower, etc) or do both every day (M=upper & lower)?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That'll depend on what specifically you're training and how your body handles it. Experiment. In general, for BUD/S, I would hit some of everything every session. I'd aim for 1-1.5 hours each session. Break up your big lifts throughout the week. Heavy squat day and DL should be a few days apart, but if you do HS Mon, Wed you can do front squats. The idea is to figure out a routine that works for you that let's you hit back, legs, shoulders, traps, lats, and a lil chest 4 times a week. You can and should vary the intensity. If you're doing heavy squats, don't do heavy bench, sub in some fly's or dumbbell presses. You basically have a limited supply of neurons to use up in any one session. You want to spread them out. Power lifters and body builders looking for maximum gain have to focus exclusively on one thing at a time to force maximum growth. That's not the goal for you. You're trying to be balanced. Weights are just one component in the overall fitness scheme, so if you go in on Monday and do nothing but Heavy Ass Back squat, Front Squat, OH Squat, DL, RDL, and then can't run or swim later, you're not helping yourself for BUD/S.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Would throwing some yoga into the mix be beneficial?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. Yoga gets real popular during SQT for a bunch of guys, help rehab all the wear of BUD/S.

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[\[-\]](#) [matt49](#) 1 point 1 year ago

I was emailing a friend who made it through BUD/s very recently and he told me that "if you want to make it be in the top 50% physically of the class", he thinks that you don't really have a shot if you're not in the top 50% physically.

Also he said that if he had to redo his training he wouldn't have focused on upper body training so much, he was doing 25 pullups and 100 when he shipped, and he would've focused a lot more on leg strength. He says that leg strength is everything at BUD/s.

And he said that he struggled A LOT more than he expected he would at BUD/s, and this guy was a complete beast going into training.

Do you agree with all of this?

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[-] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

I agree with the legs bit. I was same same, lot of pull ups and pushups, chicken legs. It sucked. I don't agree top %50. It definitely helps. The numbers so it as well. The higher you score the higher your odds of getting through. A lot of that is the mental toughness required to be a high level athlete. A small part is that things are relatively easier for you if you're in great shape. The thing is, every class will have guys who are still on the ball to make the minimum times. You don't have to be a better athlete than half your class. You have to meet the standards and you have to put out during the shitty evolutions. That's all there is to it.

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[-] [crazy8ball17](#) 1 point 1 year ago

and yet another 'motivational' post on sealswcc.com

"haha this is so spot on that i wonder if you were in my class lol and all the wanna-bee BUD/S students have no idea hahah... The secret to BUD/S is land portage thats all there is everything els is cake. "BUD/S is not about survival, BUD/S is about performance, your performance will ensure your survival." its an athletes game now gents if your slow you'll go away, if your weak you'll go away. there is no more "not quitting" and getting through. those books you read about getting gooned every run or evolution and still making it, throw it away, you wont make it. youll get a performance chit and to many of those will be a one way ticket to the ARB (academic review board) and performance drop. The class starts to fall apart and starts to pressure good people to quit, its sickening, especially seeing some good dudes get run out of a boat cuz of all the individuals there are. the instructors just instigate and say "so-an-so isnt putting out" and then the class eats it up and takes care of the rest. Then the instructors preach that not quitting when your weak makes you a selfish turd and the honorable thing to do is DOR. LOL"

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[-] [nowyourdoingit](#) SEAL [S] 3 points 1 year ago

This is EXACTLY how BUD/S was when I went though. It's EXACTLY how BUD/S was when the guys who are Instructors there went though. Nothing has changed. There is no magic number of performance chits that get's you kicked out. You might get an ARB to scare you or even roll/drop you if you're a boat ducking turd but that's always been that way. It's also always been true that anyone who couldn't keep up get's run out if the boat by the crew or the Instructors, but the people who can't keep up are 95% of the time, physically capable, they're just not willing to bear the pain of exertion. Land portage has always been the biggest hammer at BUD/S. That's why I said, wait till your first little taste of Boats on Heads soft sand and see how shellshocked the class looks after. Boats on Head is easy though. Just don't quit. Don't shy away from the pain. Just accept that your life now is pure misery and enjoy it.

This new attitude of "my class was the first hard one, that's why I quit" is serious bullshit. Dollars to doughnuts these same guys would quit on the same evolution 10 years ago.

Also, JFC, how many times can you say it?! The 1st Phase Instructors are there to get in your head. That is their only job, besides some classes on lifesaving, stalking, and hydro recon. They're going to call you out for something. They're going to try and turn the class against you. They might sabotage you personally because they don't like your stupid face. None of that matters..that's all the game, they just want to see if you buckle from that or if you double down and work harder.

I think it's story time. I've mentioned this beast who was in my boat crew before, when I wrote about his "broken" neck in Hell Week. Well on another day, before HW, we were doing BoH's from the Hotel Del back to base. It was a

boat crew race. We had making up ground but we had this shitty fleet returnee who was in the 1spot just ducking like a motherfucker. Behind him was beast mode, and I was in the 3. This meant that on our side of the boat, I had maybe 35% of the weight and beast had 65%+ because everything pivots on 2. He's taking it like a man though, but the Inst can clearly see he's carrying all of BF(buddy fucker)'s weight. So do they come grab BF and kick him out of the boat? No, that would be too easy. They know we know already. They want to take away his support (beast) and make BF suffer before he fails. They want him to collapse under the weight so he feels shittier and we can all hate him even more for dropping the boat and costing us time. So anyway, that's what they do. They run up along us and start yelling at beast to "quit dragging your crew down" etc, then they yell at him to get out from under the boat. Then they actually try to grab him out but every time they do he yells at them to fuck off (I think it was more of a "NOOOO!!!". mixed with deep guttural animal sounds) and literally surges the whole boat 3' to the right and keeps running. Eventually one of the Instructors pulls a knife (my thoughts at this point are "ohh, so this is about to happen, mental note, don't tell Instructor X "no"") and ends up cutting the 1" webbing handle that Beast mode is holding. Now the handle helps a lot and a lot of guys without a handle to stabilize and control the boat, and with no one in the 1 spot would have buckled, but Beast mode just kept running, and I just got a glimpse as we run off of the 3 Instr looking at each in shock as the will off this guys had just laid their best efforts to waste. They'll do a lot to make you fail. They'll give you every excuse to quit. Even when you're the one doing all the work, you're not immune. The guys that are there at the end are the ones that react to that negativity with a resounding and guttural "FUCK OFF!!".

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Holy shit, what a great story! You're right some people just want it more and are willing to deal with the pain. Those who are not, quit, then post that their class was on the toughest of sealswcc.com and guys coming in have an incredibly slim chance of making it. Another BUD/S DOR in the same thread said this: "Its a hard time to try buds right now because everything is faster. Land portage used to be essentially a walk, now its almost a sprint. Not much you can do to prep for it either, boats don't belong on your head and they suck." Curious if you think that's true or false. Is BUD/S like athletics where each generation gets stronger and faster than the last...so maybe BoH has progressed into a full-on run because the athletes going in now are bigger, stronger, faster, and more conditioned

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

"A walk"!! Motherfucker has no idea what he's talking about. I would have ran that fag out from under a boat in 2 min. Go into a bar in SD or VB and start saying that BUD/S used to be easy.

Here is the deal. Everything in BUD/S is going to be harder than you expect it to be, except for the silly things like the 50, but that's not because the CO is telling the Instructors, "Hey, let's try making BUD/S hard and see what happens." BUD/S is fucking hard. That's the point. I've got friends who made it through some of the most heinous abuse I've ever seen with broken bones and a smile, and it pisses me off when some quitter tries to diminish what they've done in order to justify his own failings.

As for you last point. That notion is hilarious because the last year I was in the Teams, the big talk was all the goddamned fat, weak, and frail bastards that were showing up to their Teams. It's possible that there was a year there were for whatever reason, BUD/S was a cakewalk and all these chubs got through, and now it's

going back to normal. I doubt it, but it is possible.

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When you make it though, if you want to talk about how bad your phase was compared to the class above or below, have fun. There is plenty of variability there. For instance, the class before us had an Instructor in 3rd Phase who got pulled a few days in (rumor was for PTSD). After that, they had a great time, learning demo and spending their days on the range and doing IADs. In my class he came back out a few days in and stayed the whole time, and we got raped. We were wet and sandy morning till night, and a few days of every hour/ on the hours. We missed tons of range time for random beatings. We got surf tortured for like 55 minutes straight, (which we all felt very strongly was excessive, haha, good times). The OIC had to come out one night and round up the Inst staff because they were beating us at 3am, and one of them kept holding a knife up to students throats. Completely different from the class before. They probably had a harder 1st Phase though, and of course there were guys who did the harder 1st Phase then got rolled at some point and did the harder 2nd and 3rd Phases. Everyone's experience is different and the same.

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[\[-\]](#) [matt49](#) 1 point 1 year ago

Is there a reason why 50 - 60 people secured Hellweek per class on average during the height of the wars and now ~30 people are securing Hellweek per class.

Too many people joining for Bin laden hype? Act of valor hype maybe?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not sure those numbers hold true but if they are I'd say a lot of focus had been brought on getting candidates through hell week. That hasn't changed the overall attrition rate, as far as I know, but there may be less of an effort being made now that the wars have ended. Maybe recruitment has declined as well.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

knowing this, you still wouldn't recommend running with a weight vest to practice?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nope. It's not the same thing and it won't prepare you. Do squats, get strong. When the time comes, just bear the pain. If you want to go full Kung Fu 36 Chambers before you go to BUD/S so you'll be able to handle the challenges of BUD/S, more power to you, but you're wasting your time. BUD/S is the 36 Chambers, just go do it once.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

This AMA has been great, you've really put some good stuff out there. Just a few questions:

- 1) What is it like doing those long scuba evolutions under water for hours at a time? Any run in with sharks/dolphins/mermaids?
- 2) What's the most sought after school after you're in the Teams (ie sniper, breacher, driving)?
- 3) How long and how tactical was your beard?
- 4) Should I start dipping now or after BUD/S?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

1)Terrible. At first you feel like you're going to go insane. After a few of them though you grow accustomed to the monotony. I've fallen asleep on dives before. I've had run ins with dolphins and seals mostly. They're mostly just curious but they bite sometimes.

2)Probably Sniper. There are some smaller schools that don't get much advertisement that are pretty awesome. There's a tailored sniper's course in Wa, which is supposed to be the best deal in the Teams. Hunting and staying at a lodge with an open bar.

3)I was never allowed to grow a beard. I had a pretty 70's mustache in Kodiak.

4)Save it for BUD/S. You'll get more kick with virgin lips. My advice, save it for 2nd Phase, you're just asking for trouble dipping in 1st, and you're going to need it in 2nd. Whatever you do, don't start in 3rd Phase.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

Good deal, any more book recommendations?

Also I really like the Military Athlete programming. Did weighted step ups with Curtis P's and felt like a little bitch by the end.

I hear the pst in boot camp sucks a fat one and people add a bunch of time onto runs, what was your experience like?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

My run time was a few seconds slower but not bad. I thought it was pretty standard.

Consciousness Explained and Freedom Evolves by Dan Dennett Extended Phenotype by Dawkins Still Life with Woodpecker by Tom Robbins Wind, Sand, and Stars by Saint-Exupery Objectivism by Rand

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Ayn Rand?!! Not Nietzsche? Or Aristotle? You know objectivism is a direct rip off of Aristotle's Teleology

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Read it all. Nietzsche is one of my favorites as well, but easily misunderstood. Shit, read Colin McGinn...

even bad philosophy will make you think. I think "influenced" by Aristotle is a better way of putting it.

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[–] [Nidkid](#) 1 point 1 year ago

Word, I have never heard of Colin McGinn but I will look him up. Haha as soon as I posted I was kind of worried I'd piss you off but i guess I should've known better. I'm kind of a critical asshole, architecture school will do that to you but I guess I internalize it more than anything - my family hates it though cause I don't filter so much around them. I've heard at BUD/S you have so much of that constant feedback that by the time you're in the teams everyone's got pretty thick skin and calls each other out on their shit. Would you agree? I mean I'm not usually blatantly a dick but being around people that hold me accountable is a big part of my intentions with joining. & the swim buddy you get assigned, what can candidates expect with that relationship? Do guys ever feel like it's imbalanced? The other guy is way better or worse? Or that they just don't have much common ground? Does anyone end up straight up hating their swim buddy and end up self sabotaging?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, thick skin is the order of the day. At least you'd think so, I've seen some pretty butthurt old dudes who couldn't handle criticism. They were probably more fleet desk jockey than TG at that point anyway.

You get a lot of flexibility in picking your swim buddy usually. Sometimes you might just get paired and it might be imbalanced but those issues get worked out with your buddy and then with you class head shed. In 2nd Phase I was a micro lung and my buddy was a fish so on ditch and don drills he gave me the reg like 75% of the time. Still grate full for that. Try to even out the imbalances when you can and WHEN you get some help, be thankful you work with a Team.

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[–] [Nidkid](#) 1 point 1 year ago

That's awesome. Thanks again for taking the time to answer all our questions. It really helps square doubt away.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

No worries.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Also, McGinn is a philosopher of mind and champion of the new misterians. Basically claims consciousness is a mystery beyond human comprehension. BS

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[–] [Nidkid](#) 1 point 1 year ago

Hahaha the fact that we are self aware enough to ask the question at all would have Aristotle saying that we have the capacity to answer it, which is pretty much the foundation of Teleology and by extension Objectivism, not to mention the fact that all religious thought branches out from the same recognitions, & finally Nietzsche would say that consciousness is the amalgamation of the senses balancing itself internally to satisfy the will to power. You would think this professor would try a little harder than to have a wholly negative attitude towards something most of history has been able to lay a foundation for.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Dennett makes a similar point. Any question we can understand to ask, we should in theory be able to answer to some degree of certainty or another. The idea that there may be epistemological limits to the human mind is pretty common though. Think about qualia and how compelling that notion seems to be. The vast majority of philosophers have been mysterians throughout history. Any one who hit a wall of human understanding and threw up their hands and exclaimed, "God knows." was a mysterian. I think Dennett is far more unique than many people give him credit for.

I think Nietzsche got a lot right in terms of ethics, but his understanding of consciousness was crude at best.

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[\[-\]](#) [matt49](#) 1 point 1 year ago

Is this what your Hell Week Secure looked like? Definitely the best buds clip I've seen, motivating as hell

<https://www.youtube.com/watch?v=jsO7AJKVwfw>

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. I don't remember who secured us but it was pretty much exactly that.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Was your time in the Teams anything like this?

<https://www.youtube.com/watch?v=GwJA8dfPKOg>

Please excuse the shitty background music

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Is that a joke?

Whoever made this video has never done spec ops. This is like showing Tyson the Rocky 4 montage and asking him if that's what life is like. This is like thinking Chris Pratt actually saves the Universe IRL. This is like thinking the experience of highschool was perfectly represented by Glee. This is like a weight loss commercial. This is like Kim Kardashians attractiveness.

The 5% of your time when you're actually doing "Navy SEAL" stuff also consist of the tedium and boredom associated with all of that. Here are some examples of reality vs expectation.

Exp: Navy SEALs are ninja ghost that can't be tracked and just appear out of the night. Re: We spent all night walking up and down mountains or through swamps because our point man picked the most heinous "sneaky" route and we got lost twice and mike rolled the shit out of his ankle.

Exp: All we do is train to kill our Nation's enemies Re: "Hey, you guys need to be in classroom 1 today at noon for mandatory Sexual Assault Prevention Training.". "Hey, you guys got to cut your SOUC training to get back to base for a mandatory Spice Awareness Training." "Hey, everyone, high priority tasking from the CO just came in, we got to get our NKO Training up to date."

Exp: One of the world's most elite units backed by the world's most powerful Military. Re: Shopping at the local tactical store for the same level of equipment local SWAT has, on your own dime. Getting issued a rusty pistol. Pillaging DERMO bins for hand me downs. Spending weekends sewing rifle slings for your Plt because your Supply Officers haven't ordered any.

Exp: Tip of the spear Re: Tip of the spoon

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[\[-\]](#) [mkhk](#) 1 point 1 year ago

Did you know "the Warrior Princess", ST6 guy who is becoming a women now with a documentary coming out about him on CNN called "The Warrior Princess". He said he didn't come out sooner cause he thought guys might want to kill him on a training mission or something. That's crazy right? What do you think of "Kristen Beck"?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nah, I've read about her but we've never met. I don't get her decision, gender swapping I mean, but she had a long career at DN so he was probably a solid operator and I don't begrudge her her choices after. I doubt she would have had any issues if she had said she was gay while she was in. No one really cares. Having said that, if someone did have an issue, it'd be real easy to stage an accident, but my guess is it was more about staying "one of the guys" then actually fearing for her life.

I hope she doesn't become a champion of SJW's. I think it's important to remember that she wasn't the warrior princess while in the military. She had the physical advantages of being male during BUD/S and her career.

If we ever met, I'd offer to buy her a beer just like any other OG frogman.

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

DN? What's that stand for?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

ST6

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[[-](#)] [\[deleted\]](#) 1 point 1 year ago

1. I read in a previous post you didn't recommend running on sand, I live in San Diego and I run on the beach 6 days a week (the sand on the beaches I run is the exact same as the deep soft sand at Coronado). I've done it since I was like 16 (Im 20 now and Ill be going into the Navy when I complete school in a couple years), would you recommend I stop or just keep it up cause Ive never gotten any injuries (except for the standard stuff like runners knee and Achilles tendonitis, but nothing that has kept me from running).
2. I also noticed you recommended only swimming twice a week, I swim every other day and I still feel like I suck at swimming (my last time was 9:08 but I feel like it can be improved upon a lot), could it be that I am over training (I also do calisthenics M-F aswell) and I should cut down to two days a week in order to counteract that. And I'm curious as to why you recommend open water swimming, I used to swim across the cove at la jolla a few times a week; should I return to doing that instead of pool swims.
3. On a side note do you have any funny hazing stories from being a new guy, I train jiu jitsu with a guy that just got out of the west coast Teams and he has some hilarious and frankly terrifying stories for anyone interested in becoming a seal about hazing new guys.

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

1) If you enjoy it keep it up, but you're more prone to injury running in soft sand. You'll probably get better conditioning on the track doing speed work. 2) If you feel like the speed isn't there I'd spend my time in the pool concentrating on perfecting technique. You should be able to do that with a couple if swims a week. Daily swimming won't hurt, but it may be costing more time than it's worth.

The cove is an nice spot to swim. I recommend, once your stroke is good, getting some practice swimming straight in the open ocean, using landmarks to guide off of. Find your rhythm, maybe 3 "blind" strokes and then lift and turn your head to stay on track. Swim with a buddy if you can.

3). No. I got no good hazing stories.

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[[-](#)] [JogaMimFora](#) 1 point 1 year ago*

Hey there.

1. I'm in a DEP pool now trying to boost my numbers to get drafted.. So far I gotta say that my impressions of the fellow candidates I'm training/competing with aren't the highest. Yeah, they can perform but man sometimes I feel like they could be a bit more friendly. What's up with that? Is this normal? Is this what it's like in Bootcamp and BUD/S? Like it seems like I gotta be the one to introduce myself and be friendly. Other dudes are straight

cold. Like I'm pretty sure I could go a whole training session without being talked to, with the exception of our mentor. Note: I am 24 and most of these other dudes are like 19.

2. I'm actually thrilled to hear that squats are great in BUD/S. My thighs will do more than just slow me down in swims and runs.

3. Your thoughts on the book *Breaking BUD/S*?

4. Is Scott Williams on the SEALSSWCC website the same Scott Williams mentioned in *The Finishing School*; the guy who pretty much runs the Kodiak facility?

5. Thank you for answering our questions.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That was my experience as well. I made a few friends in boot camp but for the most part people are intimidated by the prospect of BUD/S and reticent to make friends with people that may be gone soon. Guys open up at Prep, weekends in Chicago and some shared misery of training. It's like that for a bit. Then, after Hell Week, you'll have brothers, some of which are friends.

As for the quality of guys you're seeing, it's always hard to judge a book by it's cover but remember that some of those dudes suck and will make it through, not to mention the people you'll see at boot camp which will make you wonder how bad every other world military is that ours is somehow the best.

I haven't read either of those books so I couldn't say. I remember there being a bit of furor in the press about *Breaking BUD/S* giving away all the secrets. Dude, I could you second by second how every BUD/S evolution is going to go down (I couldn't really because there's a ton of variation and uncontrollable factors) but it wouldn't make it any easier. Reading a book describing a K2 climb is not going to get you to the summit of K2.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Just to answer your last question: Scott Williams is just in charge of marketing and promotion for SEALSWCC and the website, he's not a SEAL

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Thanks. I looked him up and double checked *The Finishing School*. There is/was indeed a SEAL Scott Williams but they're not the same guy.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I'll be quite honest. For some time now, I've had skepticism in the back of my mind. Not so much skepticism for my

inability to go through with PST training, BUD/S, SQT, and etc.... but skepticism in the ulterior motives of "those I'm fighting under."

This coincides with your posted video Former SAS soldier Ben Griffin - I WILL NOT fight for Queen and Country.

I feel as if many of us candidates are eager for the prestige, the image, the challenge, and the identity associated with being a Team Guy. I can't help but think there's some crippling internal compromise going on. Yes, on the one hand I get to be a guy on the Team, get paid, become part of a tight knit community, and learn badass skills. I belong! On the other hand... I feel as if I'm also potentially perpetuating an exploitative system of warfare. I mean with the way our government works right now, it's no question that corporations and the interests of a minuscule amount of people have more sway than the common person. The system they create perpetuates this cycle.

Up above is some guy/chick pulling strings so his weapons factory, tank factory, jet factory, or grenade factory can produce and make profit.

It's in his/her personal interest to make these things that kill because he profits off them. What's stopping them from influencing those "above" me? Just look at the state of Virginia, I'm sure there are politicians there touting how "healthy" coal is.

What was your own motive in posting the Ben Griffin video for prospective candidates?

Knowing what you know now bureaucratically and politically, would you **honestly** recommend the process of becoming a Team Guy and being a Team Guy?

From the beginning til now, I've accepted both fates of being in the pipeline as well as being a pawn. I just pray I will never have to use my "skills." I read Eric Greiten's *The Heart and The Fist* and have hope.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

So there are conspiracies to profit off war. That's a proven thing. I think it's a small percentage of the things our country does. Like, I don't think we went into Iraq for Oil, that's a silly line of logic and it doesn't bear up to economic scrutiny. I think we legitimately assessed a security concern there, and we built up the case beyond the actual evidence. Kind of like a cop who responds to a report of an armed robbery and then shoots someone who was actually just holding a cell phone. That's what the deeper trouble is. The military intelligence complex of the US is beholden to the will of the politicians that appoint and fund everything. If the President says, "get me evidence for Iraqi WMD's" they're gong to go find evidence for Iraqi WMD's. I think that the majority of the time though, these motivations are driven by real, rational concerns of international politics and not by private bank accounts. The problem is, as a tool of the system, you have no say. Look at Snowden and the NSA. Snowden is a patriot and obviously loves his country. He went through all the BS he went through to do the kind of work he was doing because he believed he'd be making a difference and making the world safer. Once he got behind the curtain though, he saw how the politicians had created a system focused more on data collection writ large than targeting real threats.

Becoming a SEAL is awesome. The guys and the training is awesome. But what you actually get used for is a total crap shoot. You might get lucky and get on a DA task force assigned to hunt human scum. That's awesome and that's what everyone signs up to do. Or you might be like most guys and end up sitting in a village doing daytime patrols like a marine corp unit waiting to get shot at.

The point is, you're beholden to all the political motivations, and some of them are good and right and productive, and

some of them are shit and stupid and dangerous and pointless and for personal gain at the risk of you and your team mates. You have no control. You take the good with the bad and hope you get lucky.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I recommend the training, but not the job. Unfortunately, you can't do one without the other.

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Are you disappointed you never deployed? I mean being a SEAL and all I'm sure you just assumed you'd deploy eventually.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Hugely.

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[–] [crazy8ball17](#) 1 point 1 year ago

Wait, so you were never given the opportunity to deploy, period? Or you were just deployed to an undesirable location and weren't able to see any action? I thought the standard cycle was join your platoon, go through pre-deployment training, then deploy. Rinse and repeat

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I never did what myself or my friends would consider a deployment. Technically, I was "deployed" a couple of times but if you understood the nature of said deployments... Let's just say that even if the military does, I don't consider any place where you can buy drinks with little umbrellas a deployment. Also, if you get in and run into any old dudes who brag about their 9 deployments, but find out they were all to the PI, those guys are faggots.

That is the standard cycle, and during the height of the war, you could reasonably expect that the deployment part meant you'd be going off to do some work. Now that's not the case. Even if your TU is deploying to OEF the odds are slim that you'll be put to use.

There are some Teams that don't work that way at all. You might do a year or two of pre-deployment training and never deploy, or deploy and never work a single day. You could be gone for 4- 6 months, off the face of the earth, no calls or emails to friends or family, nothing, and not work one second or accomplish one thing.

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[–] [Eightwolf](#) 1 point 1 year ago

Out of curiosity, do you have any tips for increasing the total amount of pushups one can do? I've read various sources that all suggest different methods, and while I do have a while to train, trying every method of improving pushups could take a while. Pushups seem to currently be my enemy, I haven't really hit too much of a plateau in anything else so far.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Hit the bench, go for 12-20 reps. That and pushups. A lot of pushups. In BUD/S you'll drop for sets of 20 all day, like 400 in a day on average. Then it goes up to sets of 30, then sets of 40, and in 3rd Phase they're all sets of 50.

I found that starting the day with a max set of pushups, then trying to get another couple hundred in throughout the day in sets of 20-50 helped build my pushup endurance.

I liked to watch tv and do 5 perfect pushups every minute for an hour. Good way to get 300 in before bed.

I just recommend you lift as well because building strength will protect your joints from the wear and tear of the endurance work. Make no mistake, pushups are an endurance exercise, not strength. At my max pushupability I could do hundreds and I couldn't bench my body weight. Pushups endurance will help more in BUD/S than chest strength, but the strength will protect you from injury.

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[-] [Eightwolf](#) 1 point 1 year ago

Thanks, I'll try what you suggested tomorrow, I'll also be sure to hit the bench, I haven't been doing that.

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Make sure you learn good form. You can do more harm than good benching incorrectly.

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[-] [Nidkid](#) 1 point 1 year ago*

Dude I just upped my push ups from struggling to do 45 to blasting through 42, and then pumping out the rest to 65 in about a week -

What I did was basically train yourself to do them really fucking slow because the slower you go the more headroom you build for speed (I shit you not, if you play an instrument try it with that, it works!!) so you're doing a rep to 5 at a time going super slow to the point you're almost shaking but not quite and neither momentum nor gravity are on your side.

The second half of this puzzle is explosives, throw a medicine ball, do the bench press, try clapping push ups and just do them like you're never gonna do another rep in your life, and do 5 sets of 5 - like how going slow builds your headroom for speed, explosiveness builds it for endurance - I have a feeling it's why if you go on the SEAL recruitment site every sport they have had success with except for the triathlon is highly explosive: boxing, swimming, wrestling..

Balance the two, and after a few sessions of each test yourself and the only thing on your mind should be speed, the only reason I paused at 42 when I tested myself is because I was shocked and had to think back and make sure I counted right - just try it out, if I was selling you something I would give you a money back guarantee - but I'm not so just do it and see what happens haha.

TL;DR

explosiveness + weight builds headroom for endurance

Slowness + weight builds headroom for speed

Balance the two, do a few sessions

When it's time to test yourself focus on speed and form

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What does a BUD/S student do on weekends (there's weekends in 1st and 2nd phase, right), what did you do on weekends? Do instructors ever come in and issue beatings to unsuspecting students on weekends? I assume the answer is obvious... try to snag one of the many super hot girls around San Diego.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's usually more chill than that. Some guys will go out downtown but a lot of us mostly hung around Coronado and ate. You ride the longboard or beach cruiser over to Claytons for breakfast, get a haircut, go back and clean gear, polish boots, whatever, then go back out for some Miguel's Mexican. That's 1st Phase. You wan to keep a low profile during BUD/S. Last thing you want to do is run into an Inst or TG out in town while you're in 1st Phase. Then when it looks like you might actually make it through training, guys start buying cars and you start exploring socal. Maybe even getting up to LA on the weekends. You can have a fairly normal life during BUD/S. One time we got mustered at 10pm on Sunday night, which is when everyone is supposed to be back in the barracks for the night, and a guy or two were still out. That was almost shitty. Most of us were already asleep and when we heard the muster call (keep in mind this was winter) we throw on all our nice civilian warmies. So guys are standing outside in \$500 down jackets counting down the 10 minutes or so the Instr gave us to have the guys get back to base, dreading the prospect of ruining them with a bonus surf torture.

For sure though, if you get spotted by an Instr in off time he'll likely send you to hit the surf.

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[\[-\]](#) [crim25](#) 1 point 1 year ago

I live in Georgia and, once my shoulder surgery waiver is approved (fingers crossed), I hope to ship out for basic and then BUD/s this winter. Are guys able to bring their cars to BUDs? I.e. will I be able to drive my car out to Coronado and have it with me?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. Not really. You don't have any time and the navy treats you like an 8 year old till you're an E4. My advice is leave it in Georgia, then when you get though 1st Phase you can try to get it on a long weekend or Holiday. You really won't need it till SQT anyway but you'll probably have a few opportunities to grab it during BUD/S. If you really really want it you could maybe pull some shenanigans where you drive out to San Diego before shipping off for basic and MEP in from there somehow, but that would probably involve some haggling with the recruiting office.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

Thank you once again for your continual presence here and thank you for your input on my past two questions

regarding cold and/or odd DEP candidates as well as my skepticism in upper echelon motives.

I have a few more questions.

1. Any recommended reading or activities?
2. Things you would do differently now you have more knowledge / experience under your belt? E.g. in BUD/S not take instructors' scheduled and intentionally false accusations of boat ducking personally, or eat more carbohydrates when at the chow hall, stretch more, or eat more food while in San Diego?
3. How would you change things, if you were in charge, in order from the Teams -> Spec War -> Navy -> Military?
4. Would you consider Richard Marcinko a team guy who put his future / career on the line for his men and values?
5. If you could give out one piece of advice over any other in regards to the SEAL pipeline, what would it be? Some of the more prominent ones I see pop up often from as well as others you have to do with not training as if you're in BUD/S and be a team player.
6. If I do make it through, I wish to eventually go from Enlisted to officer / mustang. Your thoughts?
7. I was reading the SEAL nutrition guide. Is it **really** *that prevalent* that a lot of the guys drink coffee, eat some junk food like a cinnabon, then chew their dip? That just seems disgusting to me.
8. What makes you want to answer our questions?

I've read the whole AMA so I try to not be repetitive.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago*

1. To prep for BUD/S or in general? In general, read and do as much as you can, whatever it is. I like working out, surfing, mountain climbing, traveling, and eating. I mostly read non-fiction now days and get my fiction entertainment through movies and tv. I can't think of anything I'd recommend specifically for BUD/S that I haven't recommended elsewhere in this thread.
2. Going through BUD/S, I didn't see it as my place to call guys out as I felt like I was less entitled to be there than just about anyone. Going through again would be a different story. Some good guys in my boat crews got screwed by some asshole boat duckers that we should have just beat the piss out of and left in our wake. My attitude was naive back then. I assumed everyone was giving it their all and some guys were just struggling, but the reality is some guys were cowing to the pain and dragging others down with them. I vividly remember doing forever lunges and the guy to my right pulled his back (which ultimately got him rolled) because the guy to his right was actually leaning on the log. Not only was this shitbag not lifting, he was relying on the guy next to him

to pick up his own fat body. Going through BUD/S again, that guy would have gotten a boot. I ate ALL the carbs. During Hell Week, they line your boat crew up at a feed station a few times a day and force everyone to eat a nutrition bar and drink a full styrofoam 20-24 oz cup of water. During my second Hell Week I dumped a lot of the water down my shirt when they weren't looking because I had gotten SIPE in my previous go. If you understand the physiology of SIPE (you basically have too much fluid pressure due to high heart rate combined with cold induced vascular constriction), then you'd see how overhydrating could be a problem. So my advice is know your body, and if you're like me, drink enough water that you're not thirsty, plus a little more, and then dump the rest.

You can always stretch more. I'd have hit the weights more on weekends during 2nd and 3rd phase to round out the training a little more. You'll be a PT stud with crazy endurance and you'll have tons of body weight strength but I think a Sat Deadlift and Bench Sesh would have been beneficial, of course followed by a lot of stretching and time on the bike to loosen things up.

That's a good piece of advice passed on through a DN MC, get on the bike a few times a week and spin your legs. Set it to the lowest resistance and keep your RPM's above 90 for 20min or so and then stretch. That can turn you from a DOMS zombie to a graceful ballerina in a single session. Total magic.

1. I'll answer in reverse order. I'd reorg the DOD in accordance with [this](#). I'd gut the Navy. Probably 90% of its budget. I'd strip NAVSPECWAR out of the DoN and establish it in a 5th branch, SOCOM, that would take the best of what everyone else is doing and combine it into one org so that everyone in US spec ops is playing on the same book. It's stupid that SF "does one thing" and we "do another", the Officers compete with each other to get missions. The reality is, the best shooters should be assaulters, the best language guys should do FID, etc. etc. The system as it is now is based on tradition and dogma and it's ridiculous and antiquated. As far as the TEAMS. That's a book. To give a broad answer that I think would solve a lot of problems overnight, I would run the whole damn thing like the AUS SAS. Which is to say, make it a professional business where promotions aren't based on time in rate, and guys can put in their notices and get out when they want, and E8's (who are actually qualified and not just waiting for retirement and unable to rank up anymore) actually run things, and Officers would be put in their proper place (behind a desk filing paperwork and working for the Operators, not the other way around). Basically I would turn being a SEAL into a grown up profession instead of the Fleet bullshit that it is today.
2. Never met him and have no idea. He doesn't have a great rep as far as I know.
3. Just go do it. It's a pipeline. You don't wait to start kindergarten until you score high enough on the SAT.
4. I think that's a smart career move and it'll pay off huge when you get out in the civilian sector. I know it can be a bit tricky sometimes so I wouldn't pin all my hopes and dreams on it.
5. You could eat nothing but jolly ranchers all day in BUD/S and be fine. You'll burn so many calories that the phrase "empty calories" will start to offend you. Every calorie is a good calorie. Fuck you Atkins! Asshole! Some of us need full fat full sugar foods. Coke Zero, Skim Milk, Low Calorie Icecream, Abominations!!! My BMR is over

4000kc/per day. That's 6 years after BUD/S. That's BASAL, meaning not including exercise or calories expended to process food or fight off the cold. So FUCK your definition of "junk" food. For me junk food is any thing that's intentionally made less calorically dense, just because the vast majority of people are too stupid to stop eating when they've had enough. Goddamn, I hate humanity some times. Kids in Africa are starving? That's cool, have you tried Splenda yet?

Also, unless you're swallowing your dip, it doesn't play into your nutrition. And I prefer monsters to coffee when it's hot out, which it usually is.

8. I'm bored out of my mind while my gf is away. It's a distraction from GMAT studying. And lastly, I genuinely like telling people who are interested in joining the brotherhood about the good and bad sides of it. I feel like I went in with pretty inflated expectations, and that only leads to let down. I'm an honest guy and I think anyone who's going to sign a 6 year contract on their life deserves to see all sides.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sorry the numbering isn't jiving with the paragraph spacing.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

How were the living situations once you made it to the teams? Did SEALs get their own living quarters? Is there a huge difference in living situations/quality of life between SEAL officers vs SEAL enlisted, like I've heard between the regular Navy officers vs enlisted? Always been curious about that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Used to be you were 'frocked' E4 at the end of BUD/S, meaning you got the benefits of that rank without the pay, and then you got a waiver to be able to live off base any where you liked within a certain radius of base. So everyone got places out in town during SQT and then that's it after that. Unless you have a family and need a lot of space and are living somewhere with a high priced housing market, it's usually not worth it to stay in base housing. Unfortunately, I've heard that's changed and guys are stuck in base housing until they make E5 now, which is terrible. The O's can live off base whenever they want because they're adults, unlike us dumb enlisted children.

When you go on a ship or sub, the E's stay with other E's, maybe in a separate area from the crew, but not with the O's who have their own staterooms.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

In BUD/S did E's and O's live in the same type of rooms or did the O's get to stay in sweet bachelor officer quarters?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Everyone had a bunk in the barracks in 1st-3rd phase but O's often had places out in town of their own and would stay there. I had an O for a roommate for a little while in 1st so they were mixed in. In BUD/S besides the Class Leader, you really only deal with rank structure in informal terms. Your boat crew leader might be an O or an E and they get treated the same. He's just the guy shouting commands to keep everyone on time. Otherwise everyone is doing exactly the same thing.

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[–] [mkhk](#) 1 point 1 year ago

Do you think stuff like a recent BUD/s grad accidentally shooting himself dead at his off base house at 0200, while trying to prove to a girl he just met at a bar that his gun was unloaded, contributes to enlisted SEALs being treated like children?

<http://www.dailymail.co.uk/news/article-2083008/Navy-SEAL-accidentally-shoots-head-showing-gun-woman-met-bar.html>

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Do you think Richard Reid justifies the NSA? I think you should read up on your logical fallacies.

There has been an institutionalized perception, which is ingrained in new Officers for as long as there has been an 'Officer corp', that the Officer is a Professional and the Enlisted man a laborer. [Here's](#) a blog about it.

Some things I've noticed about Officers in the Military and in the Teams.

1. They have a much higher rate of religiosity. I'd say about 75% of Enlisted SEALs are atheist, and maybe %25 of SEAL Officers.
2. SEAL Officers are much more likely to use first names and hang out with the boys, but even then, they don't let their hair down like they do when in the company of only other Officers.
3. The nail in the head of my career was getting to be a fly on the wall behind closed doors for the Team headshed. I watched O's lie directly to guys faces. I watched them spend entire days on the phone trying to get a hookup for themselves or another O and then deny the request of an Enlisted Team Guy to get 2 days off to be Best Man at his Platoon-mate's wedding. They actually contemplated not letting the Groom go to his own wedding. I've watched them talk down day in and day out to a SOCM (masterchief SEAL) who they had zero confidence in or respect for and then expected to lead men.

Officers treat men like children because they think they're better than they are and because the entire organization is geared towards making them think that way, and it's because the military has always scraped the dregs of humanity for it's fodder. It has nothing to do with individual incidences, and everything to do with dehumanizing others and rationalizing your own self importance. Just like SWAT cops. These guys aren't packing grenade launchers because they're afraid for their lives (if you're afraid for your life you go get a desk job). they're doing it to feel like a badass and to justify doing it the have to give themselves a reason, i.e. "people are animals" or "it's dangerous out there....Columbine....terrorist....fuck you, I want a grenade launcher."

Look at the Milgram experiment. This is why human beings can't be trusted with absolute authority over their fellow man. Which is what the military thinks they need to operate (they don't), and why Officers dehumanize Enlisted.

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[\[-\]](#) [mkhk](#) 1 point 1 year ago

I think the Navy says "we invest a ton of money and time in these guys, we should probably make sure they don't get in trouble or kill themselves", even if that might be misguided. And isn't it an automatic promotion to E4 at the end of training and 100% advancement to E5 anyways?

Really interesting about the Officers though, you would think that going through the same training would make Officers treat Enlisted guys as men and not children. I guess I'll see when I get to BUD/s and the Teams.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Believe me, it's not that rational. If I told you you were absolutely responsible for your friend (let's call him Mark), and Mark had to do whatever you said within the bounds of law, (when and what to eat, how to dress, how to cut his hair, shave, workout, when he had to be at work, where he worked, how much he got paid, and on and on for years.), oh, and you'd be payed and judged by how well Mark appeared to be doing, how long before you and Mark weren't friends and you viewed him as a liability and a problem? This is exactly the problem with the military. It doesn't have to be that way, especially in the SEAL Teams where the majority of the guys are smart, educated, professionals, but it is.

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[\[-\]](#) [mkhk](#) 1 point 1 year ago

Is this in the past? "When not deployed, SEAL operatives enjoy far more autonomy than members of the regular military; rank is only loosely observed, uniforms are rarely worn, and, provided they meet training benchmarks, the men largely follow their own schedules. "When JT was in San Diego, he pretty much lived the life of a professional triathlete on top of all his hard work and commitment to the Navy," Vance says. "And that included partying like a single pro athlete."

Great story about Jon Tumilson btw: <http://www.runnersworld.com/runners-stories/navy-seal-becomes-more-inspiring-his-after-life?page=single>

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yes. It's getting worse and worse. Number of factors in play but the main thing to realize is that YOU ARE JOINING THE MILITARY. SPECIFICALLY THE NAVY. Not the "SEALs" of yesteryear.

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[\[-\]](#) [mkhk](#) 1 point 1 year ago

Thanks a ton man, if I make it to and Team and want out what are job prospects like (I'm joining with a 2 year degree and planning on getting a bachelors in the teams, btw)? I would love to work for the CIA or FBI...

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You can parlay your degree and experience into an FBI job pretty easily but good luck with the CIA. Job prospects aren't good. Besides the general state of the economy, you also have a wave of guys with a lot of experience getting out. The turnover rate is high in specops as a whole now, so you're competing with god knows how many ex green berets and other SEALs. All at a time of unprecedented peace and security around the world, so your special skills are at an all time low in value. Not to mention a bachelors might as well be a highschool diploma. A lot of guys used to private contract, but that's on the decline and not a long term career anyway. Now you see dudes taking what they can get in just about any random job. It's not great. Also, hypothetically you get disabled while in, you'll have to fight tooth and nail to get VA benefits.

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As an example, I was recently looking for positions with a major Security contractor. Of the 1600 positions available, I was remotely suitable for 3. The others required PHD. 10+ years exp. Network security or sysadmin experience. People need IT security, not real world.

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....and that's just in the US. If you want to work abroad you have to take into consideration the reality that most people around the world hold ex military in much lower regard than the US, plus everyone has their own Spec Ops they think are the best. Why would an Australian firm hire you when they have their own SAS boys.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Thoughts on Dan Bilzerian?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Never met him, and if he offered me enough money I'd probably work for him, but I get the impression he's overcompensating for never getting to be a SEAL. He comes off as an Ass to me. Having said that, if I was independently wealthy I'd be doing basically the same thing just sans twitter feed. Women, guns, speedboats...that's just fun for the whole family right there. Actually, on second thought, why is he a frat boy and not batman? I'd be batman. And I'd start my own SEALs, kind of like Blackwater but smaller and with no US gov contracts. SEALs meet the A Team. We'd do charitable DA's around the world. Free political prisoners and exfil persecuted peoples. Hunt poachers in Africa. Kill the Malaysian prime minister. Now Derek! Now!

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Charitable DA's that's the greatest thing I've ever heard, that made me laugh my ass off

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-I remember you mentioning you went through hell week twice, did you get rolled back, if so what for? What was the most common thing you saw guys get med rolled for? -Is SIPE fairly common for BUD/S students, I've actually gotten it before it's pretty annoying, I couldn't take a deep breath and I was coughing up blood, getting it in BUD/S must have sucked

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, got rolled Wednesday for combo SIPE/pneumonia. I'd say probably (total ballpark) 20% of guys got it at some point. Usually it's not that bad, just a temporary limiting ailment that'll fix itself if you can ease up a bit or can be handled with a few minutes in Medical, but in HW you might need a chest xray before being cleared to go back.

The most common roll had to be for injury. Usually lower limb overuse injury or a fx or torn ligament. Shoulders too. Then prob pneumonia.

Yeah, getting rolled was the worse feeling of my life. I ended up having a good time doing it all again but I'd recommend saving the roll for Free Fall or Kodiak.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

If you make it through BUD/S and have already used your med roll but get injured during SQT will they offer you a second med roll?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Almost definitely. You can get multiple med rolls in BUD/S even, if you're progressing through. There's a 04 out there who rolled his way through 8 classes before graduating. King turd.

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I heard that they haven't been doing med rolls for the past couple years and they just drop you instead of rolling you back, is that complete bull shit cause I have a hard time believing that. Also do you know where they draw the line when it comes to med dropping someone vs med rolling someone, like if you pop your acl in BUD/S will they roll you back for 9 months to a year until your able to use the knee again or just drop you from training.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I honestly couldn't say. Generally speaking it seemed to come down to a judgement call. If the cadre wanted you around, you'd get more leeway. I saw a guy get med dropped for a torn rotator cuff (or something that generally takes 4-6 moths to heal) but they assigned him to work in medical at the

compound until he could heal up and reclass, so basically a back door extended med roll.

I have a very hard time believing they don't do med rolls. That's just not logical. A great guy killing himself to be there breaks his wrist and needs 6 weeks to heal and you're going to ship him to the fleet?....nah, maybe but I doubt it.

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[–] [mkhk](#) 1 point 1 year ago

http://www.cnn.com/2014/09/01/world/africa/somalia-us-operation/index.html?hpt=hp_t2

Odds this was a SEAL op?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Your guess is as good as mine. Probably SEALs or a task force of some kind.

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[–] [crazy8ball17](#) 1 point 1 year ago

Besides East Vs. West Coast, what are the differences between the different Teams? Or are they all pretty similar to one another?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

There are a lot of nuances as far as head shed and general Team personality. For instance 4 is seen as a pretty laid back Team (their primary AO was south america so pretty low key), 10 got stood up pretty recently and they combined a bunch of new guys with a bunch pipe hitters so they're seen as the cool team. 1 is a super by the book Team that O's love. And of course all of this changes constantly and is very fluid. Again. Think of it as the NFL, a certain program may be known for being 'x' but a new head coach or owner, or a change up in the roster can drastically change the personality. The platoon level is very important too. Same Team, different platoons can result in wildly different experiences.

SDV is where operators go to die.

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If you don't mind me asking, is there higher risk in the SDV Teams due to some of the equipment they use? Maybe I took what you said too literally ha ha but I do recall you saying in an earlier post not to volunteer for SDV. Would you mind shedding some light on this?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah. Equipment, missions. I don't mean "go there to die" in a literal sense though. I mean metaphorically

being put out to pasture. A lot of turds hide at SDV so they don't have to go to war.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do the Teams still have different primary AOs (South America, Europe, Middle East, etc) or are they all "worldwide" now? I ask because when I checked last year which Teams operate where they gave specific locations but when I checked just a few minutes ago for all the Teams it said "worldwide". Was this a recent change? Were guys hoping for Middle East so they could see action?

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They've changed the structure of navspecwar in the last couple of years but there is still a heavy AO bias to certain Teams. Guys from 10 don't go to SA and guys on the West Coast do go to the PI. I think the "worldwide" thing is more of a marketing ploy than reality.

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the PI, whats that? the phillipines?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

Have you heard of any bud/s students or team guys that have experienced rhabdomyolysis from the rigours of training?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. Rhabdo doesn't seem that prevalent and I think its because of the buildup and the hydration/nutrition aspect.

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Speaking of nutrition, are you given the opportunity to eat healthy foods during buds and of any amount you'd like. Or is it just shit food like cafeteria food like in schools and in limited quantities. I always hear people say it is impossible to eat enough food during buds so I assume the amounts are unlimited.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Its pretty solid food. Not gourmet. Just staples with a little cafeteria style variety and in big quantities. Your biggest issue is time. You frequently have less than 10min to eat in 1st phase.. so it's just a shovel situation.

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

Just curious about what regions of the country were most prevalent in you BUD/s class and in the Teams. I have heard that there are a lot of mid westerners, is this pretty accurate from your experience?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Definitely. Lot of Michiganers as well.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

You've probably answered a similar question, but would you go through it all over again if you knew that there'd be a 95% chance you would never see combat?

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I would, but I'd do a lot differently. Like not expecting to see combat...

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What else would you do differently if you don't mind me asking

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I would have partied a lot more. "Ignore females, kill terrorist" is a stupid motto when you're not going to be allowed to kill terrorist. I wouldn't have stuck my neck out to improve things. Knowing now how conventional most leadership is, I would have kept my mouth shut and gone with the flow and not given a shit because at the end of the day it wouldn't matter anyway. People have much thinner skin than you'd think, and trying to fix something that doesn't work is, more likely than not, just going to piss someone off and make your life harder for no reason. I would have focused on the appearance of work. I always had the attitude that you do the right thing because it's the right thing and I got more done when things were quiet. So I was the guy who was in on weekends prepping gear, or tearing apart a milvan to optimize the space inside. The problem is, no one sees that guy so you don't get any credit. If you do anything in the Navy, do it publicly, and loudly, and make sure people see that you're working. You don't even have to actually work. One of my buddies had a

great rep because most announcements like, "I got to head out, got a 20 miler scheduled tonight." and then he'd go play computer games. Everyone thought he was a hardass though, and that's all the matters.

If you can truly truly grasp the reality and implications of the fact that a starched uniform and polished boots means more in the military than being able to operate, or even than not being a liability in combat, then you'll save yourself a lot of heartache.

Another great example, at 18D, I was called aside and reprimanded for my poor academic performance one day. When I asked why, because at the time I was tied for 1st in class, and was one of the only guys who engaged in discussion with the Instructors, and frankly thought I was killing the course, I was told it was because I was the only student who didn't put all of his textbooks out in front of him on the desk. That if the Colonel in charge of the school came by and looked in it would appear like I wasn't paying attention because I wasn't following along in a textbook, while trying to take notes in a spiral notepad, while also making annotations to the presentation notepads (they issue you a bound printed copy of all the powerpoint slides in these huge 300+ page books that they expect you to follow along and make notes in so that you can go home and study them for hours later). I tried to explain that not everyone learns best by juggling 3 different books in front of them while being subjected to death by powerpoint, and that maybe the recommended 6 hours a night of studying could be reduced for most people if they were able to actually pay attention when the information was covered the first time in class, as opposed to playing the role of court stenographer. I should have just nodded my head and played along.

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Was the 18d course academically challenging? What does the classroom portion entail, is it something like an EMT certification course, or more along the lines of Med school? I'm majoring in pre-medicine and I'm going into the DEP after I get my B.S., would most of the course work be a breeze for me since Ive already been through some of the most difficult undergrad courses available? When the time comes to choose who goes to the 18d course does everyone try to get slotted to go or do people not want to lengthen their training? How many hours would you say the average TG works a week, to your knowledge does that number increase in DN?

-PS that frogman workout you posted is fun as shit ive been doing that as one of my calisthenics days, thanks for posting that

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yes and no. I've always breezed by academically and 18D was one of the few times I felt like the amount to be learned actually required studying. The rep comes because most guys either aren't that smart or don't have good study tactics. For me, roughly 30min to an hour most nights with a few hours over the weekend was all it took. A few of my friends got academically rolled and they had been doing the Army prescribed 5+ hours a night face in a book study regime. After the roll they adopted my more relaxed and targeted study strategy and spent class time paying attention and trying to comprehend what was being taught vice note taking. They all did a lot better throughout the rest of the course.

Generally it doesn't fill up and often guys are voluntold they're going. Already having premed basically guarantees you'll have the opportunity.

Now that its the PJ school it might be a little different (probably better) but basically you get an EMT-B out of the course to qualify you to work in a civilian hospital during rotations, but you're actually trained up to the level of a Paramedic with a lot of trauma surgery and combat triage thrown in. You covered a condensed and abbreviated 2 years of premed in 2 months of what they call Med Fundamentals which is the most academically rigorous portion, and then went on to skills and additional classroom stuff.

Yeah. No worries. I like it too. Props to the OG that threw it online back in the day.

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I got a stupid question, are corpsman treated like a precious gem in combat, like do they keep you at the rear and not let you get in on the action. Can you still do badass, dangerous shit like be the first one going through the door of a bad guys house to clear it... if you don't want to answer that one and want to punch me in the face instead, sorry I understand but I actually wanna know.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I generally want to punch everyone in the face at about a 3/10, but you're asking a question on a Q&A forum so no need to fret.

I've never heard of medics getting pushed to the rear of the train but it might happen. If you're out oping with just a single medic it's probably not the smartest thing to have him first through the door but the odds of you being the sole medic are pretty slim. Now days, a lot of the old medic role is farmed out to other people so you can operate full time. SEAL medics now are basically 100% SEAL first with some bonus emergency medical knowledge.

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Who are the other people that the traditional medic role is pushed to now? PJ's, and trauma surgeons?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

End of the day a Trauma Surgeon is king and getting an injured dude to a TS is the highest priority. The medic is there to stabilize until that can happen. PJ's and Navy Corpsman. Basically there are people who's job is already focused almost solely on medicine so it makes sense to have them do most of the med rolls that were previously done in house.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

As for average hours worked per week. That is soooo hard to guess. The problem is you don't get to work enough and at the same time, you'll spend way too much time at work. (Being at work and working are two different things).

Some of the best times of my life were land warfare blocks where we were working from 7am-11pm, sometimes for weeks straight. Flip side, some of the most depressing times in my life I was going in at 9am, sitting around watching Rambo reruns until 11, then taking an hour+ lunch, and finally checking out at 2 or 3pm. I'd rather work 24 hours straight than be forced to sit at work for 4 hours if that makes sense. You also have to ask if working out is part of "work" because that could be 4 or 5 hours tacked on to a day. I'd say, average of training time, sitting on my thumb time, gear prep time, personal workout time, it was probably around 50hr weeks. It's much more off and on than most jobs though.

I think DN works harder when they work, and waste less time when they're not working.

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What do you mean by saying you'd do it differently? Like would you just approach it with a different mentality knowing you'd never go on a deployment?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Different mentality. I would have approached it as an entry level job paying 45-60k a year and offering a lot of free time for hobbies. I would have used my free time to learn real world skills that would be marketable and useful outside of the Teams. I would have strived to be the grey man at work and a more social outside of work. I would have used every opportunity to build social and business connections based on my being a SEAL. Basically, I would have taken more and given less, because at the end, the Navy is going to do as much of that to you as they can.

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[\[-\] Afrecon](#) 1 point 1 year ago

Alright, so this is a bit abstract of a question, but I'm VERY curious to hear your thoughts on sleep.

Do you feel now that you do not need it? How many hours do you sleep a day? Do you believe that humans can efficiently run (12 hour days) on 4 hours of sleep per night?

MAIN QUESTION: Without sounding like too much of a punk, whats your advice on trying to tighten up your sleep schedule without turning into a miserable wreck?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sleep is hugely important to human physicality. You need solid sleep for good athletic performance. It's very possible to operate for months or years on 4 hours of sleep per day but it won't be optimal. You're better off aiming for 7.5-8 hours.

Fatigue is the best pillow.

Exhaust yourself before you're scheduled to go to sleep and wake up when you're alarm goes off. Don't hit snooze. Be disciplined about it and you'll quickly adapt. Like I said though, you should be aiming for 7-8 hours, no tighter. Bootcamp is good at training you for a regimented sleep schedule.

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[\[-\]](#) [Tudormalik](#) 1 point 1 year ago

Hey is there anyway you could answer some questions me and my friends have ? We have a kik chat. I sent you a private message with my kik name and some details if you can. If not I understand thanks!

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[\[-\]](#) [Tudormalik](#) 1 point 1 year ago

So I'm familiar with most abbreviations. But what is DN. Mean I think I know but I wanna be sure

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DEVGRU

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Ever work with any of the other sof units? Im especially curious about the CCT's and the marine special operations teams, mostly because there is very little open source info on them. I heard a lot people say that combat controllers are the most well rounded operators, is there any truth to that?

What do you think about SFAS and RASP, do you think the relatively short period of time spent in the programs (19 days and 8 weeks, respectively) can accurately assess whether a person is apt to serve in the rangers or SF? Do you think the shortness of the programs is to the detriment of each unit in that they might be getting people into their units that maybe shouldn't be there. In comparison to BUDS SFAS and RASP are probably a walk in the park and turds still make it through BUDS, do you think the rate of people unfit to serve in a sof unit is higher in the armys sof units than in the SEALs.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, I've worked a bit with some of the other US SOCOM units. Combat Controllers tend to have good heads on their shoulders, which seems to be true for JTACs across the board. The JTAC skill set requires cool under pressure and a solid ability to manage a complex and dynamic environment. Though they might have the most training out of the gate, I wouldn't say they're the most well rounded. A bunch of our JTACs got called over the augment DN because the CCT guys they had couldn't hang physically.

Marsoc is kind of a strange beast right now.

What I always tell people about SF and Rangers is that what most people assume standard infantry soldiers are, in terms of training, level of fitness, professionalism, etc. etc. is what Green Berets or Rangers are. Which, when you think about it, is terrifying to think how little training 90% of our combat troops get before being sent off to war.

It's the same as the way that what regular people think SEALs are is Dam Neck. The public perception is one tier off.

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-Were your JTACs air force JTACs or SEALs trained as JTACs? Can SEAL's become certified JTACs, I know MARSOC has its own JTACs that are enlisted marines I'd assume NSW does it in a similar way? - And what do you mean by saying MARSOC is a "strange beast", are you referring to the fact that they're in their early stages and haven't really completely figured out where they're going and the marine corps doesn't seem to like having a unit that's a part of SOCOM. And a side question, there isn't a marine corps component to JSOC, is there? I've heard some people say that force recon guys and MARSOC guys can go to green team but never heard it from any legit sources, to your knowledge is there any truth to that?

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[\[-\]](#) [nowyoureingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

JTAC is just like Sniper. It's a Qualification. Just like Sniper there are multiple schools and multiple ways you can go about getting it. For instance, there are SEALs who get Sniper at an NSW Sniper course, and SEALs who get Sniper at the Marine Corp Scout Sniper Course. Generally speaking, SEALs tend to go to other branches courses but not vice versa.

Yes about MARSOC, pretty much just new, and from what I understand having some hiccups with issues like "who's the Spec Op component, Force or MARSOC?" It would be great to get a MARSOC guy on here and get his take.

As far as I know, DN is %100 SEAL, but CAG can and does take from whoever they see fit. I'm sure there's no restrictions on DN besides self imposed ones, so if they wanted to pull a MARSOC guy they could. There are JSOC units that are essentially support and I don't know about their exact feeder communities.

As a side note, there are a lot of roles with JSOC that don't require a selection course. For instance, Kristin Beck advertises that she was at DN, but she was there at a desk. I had a Chief who had just come from DN but he couldn't squat his body weight, he took 23 sec to do a Speed Reload drill and managed to dry fire twice, and somehow magically unsheath and drop a knife. If I had deployed with this bozo, I would have killed him, but he was from DN. The part he doesn't tell people is he was at a support squadron at DN and never proved himself as an operator. Unless someone went through Green, DN doesn't really mean anything.

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-Yeah, I'd really like to ask a MARSOC guy some questions, there's really not much info out there on that organization. -Did you ever get to go to a sniper school?

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[\[-\]](#) [Tudormalik](#) 1 point 1 year ago

What was your experience in army jump school like? I've heard and read that SEALs don't take it seriously and joke around because of how much easier it is compared to buds. And what did you do right after you graduated buds?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

1. Didn't go to Army Jump School. NSW set up its own JS which is 3 days of Static (which is 2 days, 7 hours, and 57 min longer than it needs to be) and ~3 weeks of Free Fall.
2. That's like comparing apples to something that isn't even a fruit. AJS is 3 weeks of learning how to dance basically. AJS is everything you need to know about why and how the DOD is retarded. They take 3 weeks to teach someone how to do something that a bag of sand can do with no training. It is a HUGE joke.
3. I don't actually remember. I think there was a party. I was thinking about SQT already.

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[-] [\[deleted\]](#) 1 point 1 year ago

I didn't know that, I thought that naval students went to the army course, so does that mean all SEALs are MFF qualified? Is this the course-<http://www.tacairops.com/Home.html>

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

All SEALs for the past 8 years or so, plus a bunch more from before that, so there are a few old guys that haven't gotten MFF yet but not many.

Yup. Great school. Great DZ if you happen to be in SoCal and looking to jump.

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[-] [su-5](#) 1 point 1 year ago

Sorry to bug you with a question you probably get a lot, but how much did you run in preparation for BUDS? I saw somewhere this guy ran anywhere between 12 and 3 miles a day, I'm running about 4 a day. Thanks for being so active in this thread!

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[-] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

I didn't run probably as much as I should have. I was never in real danger of failing a timed run but my first couple weeks in 1st Phase I got gooned on every run and really killed myself to make the 4milers (usually 50sec-1min to spare). I quickly got in great running shape though, BUD/S is probably the worlds best running program.

So my recommendation pre BUD/S is to run as much as you can so long as it doesn't interfere with your other training. It's really hard to do 30+mile weeks AND hit the weights AND stretch And swim AND do calisthenics AND go to school or work or both. Same thing with swimming. You should swim enough that you're very confident that you can do the 500 without goggles on a bad day and cruise sub 10:00. Once you get there, swimming should be a low priority thing. So same idea with running, get your 1.5 down to sub 10:00 pretty comfortable and then focus more on the HIIT and weights. If you're strong, and your swim is good, and everything feels balanced and right, then I'd say 20 -30 miles a week tops. I really like lower mid distance speed training (think 440's through 1.5mi range "sprints" and intervals and repeats) combined with one or two LSD(long slow distance) runs (maybe with some intervals thrown into them)

I'm a big fan of the 4-hour system, and the underlying philosophy of hacking your body. You want to maximize the efficiency of your training just like you maximize your efficiency of studying for the SAT. You have to focus on your weaknesses but you can't spend too much time on any one thing at the deficit of others.

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-What does getting gooned on a run in BUD/S entail -Are you talking about that book "the 4 hour work week"

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It involves getting bonus BUD/S. Maybe 10min to an hour of extra beatings. Beatings = intentionally unpleasant and painful workouts.

Yeah. There's a few in the series which I haven't read but agree with the overarching principle which is to filter things down to their essence and minimize wasted effort.

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[\[-\]](#) [su-5](#) 1 point 1 year ago

Thanks for the reply, I can rest easy now.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What did you have to wear to work everyday? Was it pretty casual workout attire or did you have to wear your Navy fatigues?

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[\[-\]](#) [Tudormalik](#) 1 point 1 year ago

What is your experience with combat dogs and their handlers? How much interaction do you have with the combat dogs? How common in the teams is it for a guy to be a handler. Any knowledge on the extra training it takes to become a handler? And are the handlers in demand? Thanks!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Handlers are in demand but it's a pretty popular school so I don't know how easy it is to become one. You don't interact much with a handler's dog. Handlers will even live in another area of base on deployment so the dogs are kept away from people. I have no idea about the training they go through but I know that most of a handler's life revolves around their dog and the bond they form. You have to realize that these dogs are very good at killing people, and they know it, so the key is that they respect the person they work for and the pack mentality if reinforced. Protect the pack, obey the alpha, kill everything else. That's not to say you have a bunch of Cujos running around. These dogs are wicked smart, very high energy and sociable, but also basically a loaded gun, so you don't let them run around willy nilly.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

I read that you said you would do it all over again if you had the choice, but when I read most of your answers they seem to be skewing towards the negative aspects. What are the reasons why you would do it again if the real experience of the teams was so different than what you thought going in?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

1. The training was often great and very useful.
2. I got to work and be friends with some really excellent people.
3. I had a lot of fun sometimes.
4. I'm stupid and will keep doing things that I know are stupid.

You have to climb the mountain to know if its worth climbing. It turned out that the DOD is a much worse place to work than I thought it would be, but I still would have done the deed.

I'm actually doing my best to not go on a full blown bitch fest about all the negatives. I want to keep it as balanced as possible because not everyone's experience in the SEALs is the same. Since I'm somewhat speaking for the community (whether I intend to or not) and some of my friends would take issue with portraying some things as negatives, I'm actually focusing the most on the positives while not actually lying to people like a Recruitment poster would. Or a bullshit movie like Act of Valor. I don't understand how the people who made that movie sleep at night.

It's a 6 year contract on your life they're selling you. They should straight with you.

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Thanks again for being so active here. I've printed off that frogman workout you put up on here earlier & aim to bring it in once a week as apart of my routine. Are all of those exercises meant to be done in the one session? Also, with the exercises. When it says 'jumping jacks 4 50' does that mean 4 sets of 50 reps? Cheers...

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, it should be about a 30-45min workout. You want to go through it nonstop. A lot of the exercises annotate the 'count' number. I just remembered I actually transcribed this from an image I found online of a handwritten workout into word almost a decade ago, so the confusion is my fault.

Every exercise is annotated as the 'name' 'count #' and 'reps'. So 1/2 JJ's are a 2 count exercise (Arms straight out to sides, feet shoulder width=1,arms down, feet together=2) And you count that like 1 and 2 and 3...

Flutter kicks are a 4 count. Left foot up, R down=1, L down, R up =2, L up, R down =3.... And you count that like 1,2,3,1,1,2,3,2,1,2,3,3,1,2,3,4,1,2,3,5....1,2,3,40,1,2,3,1....1,2,3,50 It helps to control your breathing and keep track if you actually count reps out loud in this kind of cadence. Once you get good, you do it in silence and count almost automatically. This becomes a useful skill on long repetitive task like diving or land nav, where you might have to count your kick or pace count for several thousand kicks or steps to determine distance. Turns your brain into an abacus. And for simplification, always count the ones digits. So it's never 26,27,28... it's

6,7,8,9,30,1,2,3...9,40,1,2,...8,9,50. Etc.

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Alright I see. Awesome, I'm gonna book that in for tomorrows session. Thanks again

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Any info on the C-SORT? What kind of questions were on it when you took it, I know its supposed to judge your personality but how does it do that? And do you have any opinion on the effectiveness of a computer test judging how mentally resilient or mentally tough a person is? I haven't taken it yet but I assume its complete bullshit, I just have a hard time believing that a test can accurately judge whether someone is mentally tough, and couldn't someone just lie on questions rendering the results irrelevant?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I'm fairly certain it's bullshit. My advice is to do really well on any memory or reaction based computer testing, then in 6 years, when you get out, do really poorly and get some degree of a handicap.

I honestly can't remember. I did about a half dozen different computer based test while in, everything from personality to language aptitude. They're a big waste of time but you'll see why they're so popular with the military when you get to know the military. They loooooove computer based because the data points are so impressive. Like 75% of all training in the Navy is done on a computer now. The same way that the University of Phoenix can make a lot of money pumping out degrees the Navy can "train" a lot of people by sitting them in front of a terminal.

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Oh no... earlier today I was reading a book (by a marine about his time in Afghanistan) that said marines were about the same caliber of workers as you'd find at wal mart, now navy training being compared to the university of phoenix. The DOD isn't looking like the "best in the world" right about now.

-Buy seriously, was the navy really training you on a computer, what kind of training were they giving you on a computer?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That's the reality that they don't talk about. It's unpatriotic and unAmerican somehow to discuss the realities of our military. The scary thing is that we are unequivocally the best in the world, but that's the result of everyone else sucking and us outspending everyone by about 100 to 1. Anyone who wanted to be better than us could with a little cash and a little effort.

Nearly all of our SEAL training is real world. The computer training is for Big Navy required courses and quals. Like if you want to use ARD's (basically an M80 that you throw into the water to get people's attention) you're supposed to take a Navy Knowledge Online (NKO) course to be certified in their use. A lot of A schools for other Rates (jobs) are almost entirely done online.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

Aside from SEAL, was there another job in the military you encountered that made you think "Damn, I should have done that"?

Also, I know it's been said that the Teams are made up of a wide variety of guys. What characteristics do you think make up a great SEAL? And are these traits similar to what makes up an ideal candidate through BUD/S?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No.

A GTG sweats the details. He's married to his job. He wants to go to Dam Neck or GTFO. He's always looking for more responsibility and a better way to do things. He motivates the guys around him. He's fun to work with.

Those are not the exact same things that make someone great at BUD/S. BUD/S is a little more base and raw than that. Some great guys in BUD/S will turn out to be Prima Donnas in the Teams, or bad decision makers, or happy to sit back and do the minimums when it comes to work. You don't have to worry about the guy in your boat crew clearing his corner, you just care that he puts out. So basically a GTG will probably be good at BUD/S, even if though they might struggle, but a BUD/S stud won't necessarily be any good as a Team mate.

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[\[-\]](#) [VeloxRatio](#) 1 point 1 year ago

I keep seeing references to a frogman workout, but I can't find it. Could you repost it?

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

<http://i.imgur.com/P70y3cw.jpg>

Posted from below. Format is exercise, count, and reps (pushups, 2 count, 30 reps). Work through the list.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

JUMPING JACKS 4 50 ½ JUMPING JACKS 2 50 STANDING TWISTERS 4 20 STANDING SIDESTRETCH 4 20 PUSHUPS 2 30 HI JACK / HI JILL 4 10 PUSHUPS 2 30 PRESS-PRESS FLING 4 10 TRI PUSHUPS 2 30 WINDMILLS 4 10 DIVE BOMBERS 2 30 UP BACK & OVER 4 10 ½ WINDMILLS 2 10 PUSHUPS 2 30 SWIMMER STRETCH 2 10 TRUNK BEND FOR & AFT 2 10 PUSHUPS 2 30 SITUPS 2 100 LEG LEVERS 2 30 TRUNK ROTATIONS 2 10 PUSHUPS 2 30 SITTING TWISTERS 2 10 SITTING KNEE BENDS 4 30 HANDS & TOE SITUPS 2 25 TRUNK BEND FOR & AFT 4 10 FLUTTER KICKS 4 200 GOOD MORNING DARLINGS 2 100 NECK ROTATIONS 4 40 BOTH WAYS NECK RAISES 2 40 TRI PUSHUPS 2 20 TRUNK TWISTERS 4 10 SITTING FLUTTERS 4 40 STOMACH PUMUP-UPS 2 40 BACK ROLLERS 2 15 TRUNK ROTATIONS 4 10 CHASE THE RABBIT 4 50 DIVE BOMBERS 2 20 STRETCH 8-COUNT BODY-BUILD 8 50 PULLUPS TABATA DIPS ALTER W/ SQUATS 25-20-15

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That was ugly formatting. <http://imgur.com/PVgTRuX>

Google the exercises and if anything doesn't make sense let me know.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

Thanks for doing this. Would you elaborate on a few of the aspects that made second phase so shitty?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

2nd phase is just a different type of physiological torment. If you are good at the evolutions, whether naturally or through practice, then 2nd isn't too bad, but as soon as you start to struggle things go really bad really fast. The focus is much more individual performance in 2nd, and everything has a final exam feel to it. Pass or fail, stay or go. I also don't take well to the idea of drowning, so dealing with the panic and phobia that can sets in was a struggle. It is good training though and it sticks with you. You'll be very glad you did it some day when you have a real world life and death situation where the only thing that's going to keep your heart beating is you. Keep that in mind in 2nd phase. The instructors are going to do all the hard work to keep you alive while you're in that pool, but one day it'll be on you.

Also, you sort of expect things to get better because you're "learning" but the beatings keep coming, and are sometimes worse even, and you're always wet, cold, and tired, and because they cram in so many dives you'll probably be eating MRE's because you won't have time to get to chow and back. 2nd is pretty miserable. 3rd is a lot better.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

More questions:

1. My biggest fear going to BUD/S is to get dropped for a stupid reason. How many "solid guys" (guys that you think would have made it through training and deserved to get through) were dropped for unfortunate reasons like hypothermia, injuries, freak accidents, or severe sickness? I have read that hypothermia can really screw people over.
2. Do you feel your personality changed pre to post BUD/S?
3. Any advice on how to break it to your family that you're going to enter the SEAL pipeline?

Thanks again man.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

1. That's pretty much everybody's biggest fear. I would say half a dozen guys that I saw get dropped should have made it through. The thing is that a lot of those guys could have come back if they wanted but once the cold water of reality hit them they didn't want it anymore. Most of them are just trying to make the best of their

remaining time in the Navy so they can get out and get on with their lives. It's funny how many quitters come back 2 or 3 times.

2. Definitely. BUD/S changes everybody. SEALs don't feel as comfortable around other people as other SEALs because most other people haven't had that change. I won't say it makes you a better person in a moral way, but it's like what Daumal said about climbing mountains, "What is above knows what is below, what is below does not know what is above; one climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up."

3. Worried about the university issue or that your mom's going to fret for your safety? I'd tell them straight. Tell them it's something you have to do, you want their support but you're going anyway, and then you can comfort them with all the facts about GI Bill and educational opportunities and it's actually a fairly safe job. Very very few people die at BUD/S. I want to say 6 in the entire history of the program and none recently. Wars over so you'll probably just be shooting paper anyway.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

Great answers. Well, I will actually have a master's degree in physiology after this academic year, and my whole family expects me to go to medical school. But I have realized that my heart isn't there I was just going with the societal norm. I am worried that my mom is going to worry about me like crazy, but I'm more worried about how to break it to them. It sounds like you favor the blitzkrieg approach?

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Sort of a random question, what would you have done if you weren't eligible for an SO contract (like you had some stupid med issue or arrest that prevented you from going in), and also what would you have done if you quit or were dropped from BUD/S.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No idea. Probably think tank work in the Beltway.

If I had quit, I think I would have disappeared into the Himalayas for about a decade.

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Is there an issue with suicide with people that DOR or get dropped for safety or performance reasons. Ive heard some people talk about guys who shot themselves after they DOR or get dropped, have you heard anything similar?

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[\[-\] swimmingbrah](#) 1 point 1 year ago

Any thoughts on the SARC community (IE being a SEAL medic vs SARC)?

Do SARCs or EOD techs get the opportunity to screen as DN operators?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Never worked with any SARC guys. My guess is that like PJ's, their focus is almost fully on medicine and so not really comparable to SEALs in terms of Operators.

AFAIK, only SEALs get to do Green Team. DN will augment with whoever the hell they want. If they want David Attenborough to live narrate their ops then they'll have David Attenborough somewhere in the back of the train. There is a HUGE difference between augmenting or working with DN and being a DN Operator. Plenty of SEAL medics and comms guys get the opportunity to augment DN, but basically you're doing a support role that a technician would normally be doing, and DN would prefer to have you because to can operate as well, but your first priority is your tech role. SARCs and EOD fall into that category. Now having said that, their are navy comms guys (not operators at all) at DN that have got more kills than most SEALs and Marines you'll ever meet, so I'm not trying to say that if you're not an capital letter Operator you're not operating.

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Once again, another question if you don't mind. I imagine everyone who turns up to bud/s does so with a 'no quit' attitude. I know this is highly variable, but what are the main psychological differences between someone who decides to quit & someone who keeps on going? Especially in first phase. Is it a matter of disassociation? Not thinking too far ahead? Or is it just down to plain old 'who wants it badly enough?'. Not that i'm heavily invested in wanting to know the in's an out's of why someone decides what they decide as it's personal, but just curious to see if you noticed any patterns during your time at bud/s or later on possibly as an instructor. I guess people can just basically decide that it's not what they thought & that's fair enough.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

It's as simple as a decision. It always is. There are a million factors that are different and the same for everyone but the point is, at some point some guys say, "I can't" or "I won't" and other guys say, "I can" and "I will"...or at least, "fuck it, let's see what happens" (my personal favorite).

The thing to remember is that every reason given after the decision has been made is a rationalization.

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Thank you

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[\[-\] crim25](#) 1 point 1 year ago

This is my second or third question, and I've read all of your other replies as well (Thank you, btw). This question is a bit different from everything else here, but I figured it's as good a place as any to get an opinion from someone who's

been where I want to go.

So, I'm in the process of building my second AR. I'm looking into some of the lower parts right now, and I like the functionality of the BAD lever (i.e. Battery Assist Device for all of the lurkers like me out there) and extended mag release.

I don't shoot all the time, so I doubt I would really develop any unbreakable habits from using these devices, but would you advise having against these setups in the long term as well? I guess I'm asking if TGs have their personal setups identical to the guns they use at work, or if it's acceptable (read: common) to build your own guns with different parts.

One more thing that just came to mind: Do TGs use these parts/are they even allowed on their work guns?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'll give you some advice and philosophy that I think most guys in Spec Ops would agree with.

1st is that the benefits of consistency can't be overstated. The more variations you have to learn the more opportunity for error in a critical time is life kind of situation. With that in mind, consider carefully any modifications you might want to make to your LR. You might shave 1/10 of a sec of a reload drill with a bad lever, but if you train yourself to use it and all of a sudden you're shooting with another AR or it has fallen off yours, and it's not there, that's an inconsistency that will jam you up.

I shoot lefty, and I'm a big fan of tricking out my gun with every bit of kit that'll make it better, but I'll never run an ambi because I might be shooting with my bro's AR and I don't want to be thumbing blank space while trying to get a round into someone.

There are a million tweaks and variations that can be made to a weapon system like the AR, but I avoid any that fundamentally change the manipulation of controls.

Modifying your work gun is kind of a fuzzy area. I was told by a few of our armorers that as long as it wasn't a change that affected the operating mechanisms of the weapon it was OK. For instance, I tried to have all of our front sight post chopped and replaced with pinned picatinny flip up front site gas blocks but was shot down. I did get all the buffer end tube plates replaced with the swivel rail plates that Magpul makes (single best piece of kit you can put on a gun in my opinion). I also got clearance to run my own T1 optic, magpul stubby front grip, and trigger guard. I think in reality though that was probably actually pushing the legality of DOD policy. If I had been deployed and I had gotten smoked and my bros hadn't stripped my gun then there is a definite chance the DOD could have denied my SGLI and other benefits because of unapproved modifications to my weapon. Oh, we also got shut down by Crane to modify the Mk13 to fit onto a standard M4. All it would have required was to file half an ABS picatinny rail down 45degrees so it sat flush against the mag well and we would have vastly increased the lethality of our grenadiers. I'll never understand that one.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

How do you think your average TG would do at Ninja Warrior or any other obstacle course style race? Was the obstacle course at BUD/S a big deal? It seems like succeeding at the PSTs is a whole different animal than how your body would function in an obstacle course. Watching the show I was thinking most guys probably wouldn't even say they

used to be SEALs if they went on course if they failed that would reflect poorly on the community.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I would crush that O-course.

The O-course at BUD/S isn't easy. Once you get the obstacles dialed though it's pretty straightforward and more about efficiency and speed. The only thing you need in addition to the general level of fitness tested in the PST is a little bit of agility and it helps to have a strong grip. I could get anyone who can past the PST, and is over 5'2, to pass the O-course with a weekend or two of training.

I wouldn't say anything until I had set the course record, then I'd let everyone know.

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What were the hardest obstacles on the course? Why 5'2" because of the climbing walls?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Balance logs and the things at the very end, logs you had to hop over, were always the most 'stressful' for me. Everything else was easy, but those two things could potentially lead to a fail. Fall off the balance logs twice and fail, touch the jumpy log thingys with your legs and fail. I was never really worried about failing, but you have to repeat an obstacle if you fail it once and that adds time, and my concern was always improving my time.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Shorter than that and it's about impossible to do the Dirty Name. It's a challenge if you're shorter than 5'6, but possible. I'd be highly impressed if someone shorter than 5'2 did it.

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

You may have commented on this before but I was wondering what it was like being the FNG in a team. How did the older Team guys treat you?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

It's different depending on your platoon. The platoon I joined as a new guy had basically dissolved as all the older guys got out so they backfilled with a bunch of new guys. We ran everything. I was department head of a couple departments. We had 4 guys that had done 1 or more platoon and they were rarely around. That's getting to be more common because huge numbers of E5-E7's are getting out of the Teams now, so you're having a higher ratio of new guys, which means you're actually needed. 20 years ago, nothing was going on, things were pretty static, guys hung around for their entire careers so there would be one or two new guys in a platoon with guys who had been in 5-20 years and had literally nothing to do with their time but torture and harass you.

Here's some advice if you go in. Be quiet and humble and learn everything you can from everybody. Take your licks if they give them to you, but pay attention to who's a real Operator and who's just an old guy wearing a bird. Once you figure that out, don't take any shit from the old guys wearing birds. Most of them are worthless pieces of shit that have hung around for all the wrong reasons and wrap themselves in self-righteousness to compensate for not actually being good at anything. Nothing boils my blood more than some 40+ year old guy who never saw combat, and can't do his job, let alone mine, telling me how hard it was, or how lucky I am to be buying him a drink, or how I don't deserve my bird because I haven't deployed. Those guys need to be found and crushed.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

How common are these older, jaded...burnouts?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They're not jaded. They love the TG life. They just prioritize being a TG over being an Operator. These are the guys in the military that are responsible for the "importance" of shiny boots and close shaves. They put the appearance stuff (which they can do) in higher esteem than the actual work (which they can't do). They're immensely common. Pretty much any older E7 up who hasn't been to DN. Most O's above O4. These are the career guys that joined the Navy before the war because they had nothing better to do, then rode a desk through most of the war. This is who runs the military. You don't make it to General by being a good warfighter, you make it with politics and shiny boots.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

So there's definitely judgment going on when you find out if a guy saw combat or didn't? Would you lose respect for an Operator if you find out he never was in a gunfight? What if it wasn't his choice-like in your case when you were never really deployed to Afghanistan/Iraq? Would other TGs know his situation or just assume that he's somehow avoided war?

"Nothing boils my blood more than some 40+ year old guy who never saw combat"

What if they wanted to see action but never got the opportunity?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You missed the context of that statement. Not seeing combat has nothing to do with the quality of the individual or Operator, but it does speak to experience. When an old guy lords his experience over you but doesn't actually have any, that boils my blood. When a guy with a combat deployment or two or eight and a reputation as a solid Operator wants to give me a hard time for being a new guy, no worries, he's entitled and justified, but when a guy who hasn't, and couldn't operate gives me a hard time just because he happens to have been living on the taxpayer's teat for longer than me, fuck that guy. The thing is, guys with combat exp rarely give you a hard time. They have more important things to do, and they know that giving you shit for not having that experience is akin to making fun of an astronaut because they haven't had the opportunity to go to space. It's like, "WELL FUCK DUDE, I'M

HERE TRYING TO GO TO SPACE JUST LIKE EVERYONE ELSE. I'D GET ON THE SHUTTLE RIGHT NOW IN MY STREET CLOTHES IF I HAD A CHANCE!!" I kept my bags packed and I lived out of my car for a year in the off chance that I was going to get called up for a mission, and some shithead with a beer gut is going to give me hard time because I haven't done 6 deployments to the PI to tan and start a second family with a little brown woman.

Yes, judgement.

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In each of your platoons, did most of the guys have combat experience? How many of the guys that got in around the time you got in never got deployed, an estimate?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

25%. Pretty much everyone deploys, but I'd guess around a quarter had no deployment time to a combat zone. That ratio is mostly made of newer guys so if I had to guess how many guys in my SQT class got combat exp in Ir/Af I'd say around 60%. Super rough numbers. We were in before Sequestration and the end of the wars though so that percentage will only be lower for new guys. Don't think anyone is excited about ISIS, that's not going to lead to any deployments.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

How do you know it won't lead to deployments?

Is there something inherent about the situation that isn't fitting for Spec Ops that you can analyze that we as citizens cannot?

I understand Obama has clearly stated that there won't be any US troop involvement and is rather staunch on having the locals try to figure out a situation so they're more invested in their future well-being versus placing the responsibility on a different country. I.e. fight or watch your country/gov collapse.

I'm just curious as to how you're so confident in it, other than what our government has already declared a no-go for ground troops.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I've peeked behind the curtain at the DOD and I've studied US foreign policy.

I can tell you with a high degree of confidence that there are US personnel involved on the ground with the ISIS situation. I can also almost guarantee that their presence is in a deniable status. ISIS isn't a big deal. The DOD would like it to be a big deal, the defense industry would like it to be a big deal, but that's justification for funding. The reality is that it's not, and sacrificing soldiers over it right now, while the American public

is war weary especially of Iraq. The last word Obama wants to hear right now is 'Iraq'.

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[–] [JogaMimFora](#) 1 point 1 year ago

I feel like there would be a huge difference between those who want to see combat but haven't had a chance, versus those who avoid combat and have had a chance.

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[–] [JogaMimFora](#) 1 point 1 year ago

With the more recent affairs with IS, do you still consider them a petty force?

I sort of view them as Jihadist frat boys drunken on righteousness and their own "opportunity to serve." That doesn't necessarily mean they aren't dangerous though.

If one wanted to see action, as opposed to what happened to you, what would be the best course of action?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

We really need to be discussing threats in real terms as a country. Things like ISIS and Ebola are great at garnering a lot of media attention but just how dangerous are they in real terms? I think student loan debt is more of a threat to America than ISIS will ever be. Or how about the Chinese swallowing up as much territory in the SCS as they can. Islam is the worst of the many bad tribal mind diseases we categorize as religions, and as a whole is a huge threat to reason. This particular bunch of assholes is just what the politicians love though, an easy distraction.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

If you want to see action join the Legion.

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[–] [Bleugrais](#) 1 point 1 year ago

Did you have any experience with the Legion guys? Always seemed like a place for misfit expats although I don't know if that's the case now.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

No direct experience. The Legion is everybody's plan D. It's definitely still a place for expat misfits. If everything goes to shit, get to France, and if that's too risky, get to the south shore of the Gulf of Tadjoura.

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[–] [Bleugrais](#) 2 points 1 year ago

Sounds like a Brad Thor novel waiting to happen

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Our lives make great book material, but only because it's way more fun to read the glamorized version than to do it. Part of why I'm doing this is to dispel the tabloid version of the spec/black ops communities. When I say plan D, I mean it. The Legion is how you start over when you have to burn your old life down. There's nothing glamorous about the realities of that situation. That's a bad day.

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[\[-\] Nidkid](#) 1 point 1 year ago

I was arrested when I was 14 for getting in a fight with my parents, charges were "adversely adjudicated" with some probation and I don't have the Lautenberg amendment telling me I can't use guns but I'm worried they won't let me pass the security clearance. Not to mention I was born in India and only recently got my citizenship - I'm renouncing my Indian citizenship in October before I can really get started with the recruiter but what do you think my chances are? I'm 21 now with no other history of antisocial behavior. I'm sure I'll have high ASVAB scores and I speak 3 languages so the DLAB will come naturally to me (I want Crypto to be my backup). I have a few years of college and a GED under my belt too.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Hard to say man, I know that if it comes up as an issue you can get a waiver. The big worry for you S or TS is foreign relationships. Is your family from India? It would actually help you if you were Indian and had dark skin (hate to say it but quotas are real in the DOD and you should use them to your advantage if it'll help you get through the bureaucracy) Are some of them still in India? From what I know about clearances, the big issues that they worry about are financial instability and indebtedness, addictive behaviors, and strong foreign ties. Keep your finances in order, stay out of the casino, and tell them the truth about any friends or family overseas and you should be ok.

Which three languages? There's a huge push in Navspecwar to grow the organic language capability, so that'll help you a lot as well.

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[\[-\] JogaMimFora](#) 1 point 1 year ago

You forgot the privatization of prisons, militarization of police, the coal lobby... ;) I ask that question as it relates to my own possible "near" future and *conflicts*.

What has fueled your dislike for politicians?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Politicians.

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[\[-\] JogaMimFora](#) 1 point 1 year ago

I just finished Brandon Webb's book on The Red Circle. I kind of feel like it was 20% real content and then 80% filler. Like at this point it seems like all a former TG has to do is write about a few close calls, how hard training was, why they left, and how it's really those who paid the ultimate price \ families that are the heroes... And people seem to gobble it up. It gives me the impression that the SEAL status, spec ops in general, is becoming, if not already has been for long, a buzzword to entice and capitalize on. "Developed by SEALS, former SEAL, used by SEALS." While it's no different than a product being endorsed by a celebrity, I don't really respect it. It's one thing to have an entrepreneurial drive...and another to take advantage of what should be a noble cause.

Your thoughts?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Totally accurate. However, my opinion is that if the DOD and our nations' politicians want to use SEALs and the SEAL mystique for their personal ignoble gains, former TGs ought to have free reign to get theirs. You can't have it both ways.

I usually roll my eyes when I skim a new SEAL book, but I don't hold it against the guy who wrote it. He's trying to take care of his family and get by. You can't believe how much a SEAL gives to his country and how little he gets back. No one gives the DoN any flack for recruiting high school kids with SEAL posters or SEAL movies.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

As you and other media have stated, non-officers have a harder time in civilian life obtaining good jobs. So indeed I can sympathize on trying to make a living out of what's profitable when "gunslinger" isn't attractive on a resume. Especially after being enticed by outdated enlistment bonuses, joining, serving your time, and discovering the many hidden layers of bureaucracy they don't tell you about or the bullshit in general.

Perhaps I'm being a bit too harsh / biased against Brandon Webb specifically as it seems to revolve around his "generation" which includes Luttrell and the late Chris Kyle. I've been filling my head up with SEAL literature so there's bound to be books that aren't so enjoyable for me from a SO candidate perspective. This was, after all, the first book to give me this vibe. Maybe I'm just getting sick of reading so many SEAL books.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I can't read SEAL books anymore. You're %100 right that they're all formulaic and frankly boring. The only decent writer about SEALs is Dick Couch and he does his best to capture the reality in a more documentary style. Read philosophy, it's better for you.

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Yeah Dick Couch is a great writer I really like how he simply documents the information that he's presented, there's no glamorization or exaggeration. The sheriff of Ramadi is a great read and its probably the only book that accurately documents what was happening in Ramadi and Fallujah from 04-08 ish.

-Have you ever read Fearless?I think that's the only really good biography-type SEAL book, its not so much

a SEAL book its really about Adam Browns life before the teams, its really hard hitting and motivating for really anyone, they actually don't even really mention anything combat related except for briefly documenting his death in Afghanistan. If you haven't read it make it a priority its fucking amazing and it'll make the baddest dudes on the planet feel like a bitch. The guy quit crack 3 weeks before shipping out and only worked out for like 2 weeks before basic.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Haven't read it but I should. That's the kind of stuff that makes TG's great. I wish there were more crack heads in the DOD.

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If you ever meet me you can go ahead and punch me in the face for asking this I completely understand and I probably deserve it for asking this, but I cant tell if your being sarcastic through text, do you honestly think there should be former drug addicts in the military? Im impartial on the subject I think that the DOD probably should be stacked with guys as dedicated to their profession as Adam Brown although Ive never met a drug addict like him (they're usually unstable psychos) so I kinda understand why the DOD has rules that discriminate against people that admit to even using drugs experimentally, but I also feel that any community (specops included) seriously benefits from have a diverse group of people and experiences within it even if those experiences include crime.

-Serious question, did you ever use any drugs before enlisting (weed included), and how many guys currently in the teams have smoked weed more than 10 times (if you've smoked weed more than 10 times your ineligible for enlistment, no idea how the fuck they settled on that number it seems redundant).

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I smoked weed more than ten times before going in but only around the age of 16. I don't use anything that isn't prescribed or OTC but I'm completely pro drugs. I think TG's should be on roids, most are anyway, so why not make it legit and medically sound instead of bro science. Same with coke and heroin and everything else. We have access to crazy pharmaceuticals, but they're branded and so it's ok. Ask a spec ops guy about a fentanyl lolli and they'll all nod knowingly. Chemicals are just another tool in the arsenal, they're morally neutral.

What I want, and what often corresponds to drug use and excessive drinking are hard hitting dudes that push things to the limit and don't follow rules just because they're rules.

Coincidentally, these characteristics go hand in hand with the same characteristics the military advertises the SEALs as being the best at, outside-the-box independent thinkers, type A, motivated, won't quit. Iceman would make a great SWO, but it's Maverick I want following me through the breach.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I can almost guarantee there was a board convened where several old men sat around a table and discussed what an acceptable number of times to smoke pot was.

The DOD has a 27 page document for the mil-specs on proper chocolate brownies, look it up.

Can you really trust a man to lead the nation into war if he can't trust himself to do a little blow, or even worse when he's more afraid of his public image than reality, or even worse yet, when he's doing it in the back room then coming out and lying to everyone about it.

There's a great quote about not trusting a man who won't drink, but it transcends just booze.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I didn't use any illegal drugs in the Teams, and I haven't since getting out, but plenty of guys do, and a lot of guys self medicate after they're out. That's true for the whole military. There's an epidemic of suicide and non-violent crime (re: drug use) among vets and the telling thing is the numbers are disproportionately affecting non-combat vets. People that got used up but don't feel like they served any purpose.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Do you know much about Rob Ford? He's one in a million. Toronto mayor who was caught smoking crack not once, but twice I believe. I enjoy his openness.

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

Holy shit, I thought you were joking about the brownies I just looked that up, I couldn't believe that, they also had an even longer document on how to make chocolate chip cookies. Anytime an organization is publishing PDF documents on how to make desserts there's a serious problem somewhere.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

Yeah it's rather silly how much the military and our society scrutinize drugs in general. Yet drinking is so accepted despite it having the potential to be one of the worst.

"What's that? Bob has taken some acid? He's legally insane and a now a witch doctor! We don't touch that shit!"

"What's that? Bill binge drinks every week until he passes out? PARTY ANIMAL!"

I actually finished Robert Gormly's *Combat Swimmer* which was actually quite nice as it gave off a Dick Couch feeling of objectiveness, as well as a peak into the opposing side of Marcinko.

Conversely, towards the end of the book in his epilogue / final words, he actually endorsed that the military join the DEA in The War On Drugs. He spoke of how raids on drug lords would lead to decrease in usage and eventual less gang wars. That kind of disappointed me but he came from an era where Reefer Madness was a thing.

Of course that was written in like 2000.

Unfortunately decriminalization and legalization will go at a turtle's pace because putting people into prison fills crime fighting quotas and is insanely lucrative (I mean near-free labor and government funding, how can you beat that).

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I haven't read his book but I agree in principal with the use of SEALs and other units in anti-drug (or I should say, anti-cartel) operations. I might like the music Chris Brown put out, but when you do bd things, like beat on a woman, your ass needs to go down. The guys SEALs should be involved in taking down are the ones waging narco-war, not end users. People putting bodies in barrels, not people putting bud in bong.

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Is it usually older guys that are doing steroids? Are they on a TRT program or are they using steroids "illegally"?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's everyone. 95% of it is illegal. TRT's are gaining popularity, but I was the only guy I knew on one, a few guys followed my lead later. I've heard rumors that the guys at DN have a doc that takes care of them but for the rest of us its out of pocket, and I could be wrong about the DN thing.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Thank you. I will check these books out.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Dick Couch is wonderful. *The Finishing School* was by far my favorite cause it gives me something to aim

for other than passing Hell Week.

Hell, *Lone Survivor's* section on BUD/S is a direct transplant from *The Warrior Elite's*.

I try reading some philosophy. My ex-Navy friend loves it. I cannot bear it probably due to trauma with biting too much at once, i.e. reading Hegel.

On the other hand I do fill my mind up with plenty of Eastern philosophy.

Are you much into Eastern philosophy? How do you like Eckart Tolle, someone like Osho, or etc?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hey I was wondering, when you say the higher up guys are pedantically military with shiny boots and close hair cuts, do you think that's a "middle manager" type deal or does that extend up to the guys working at JSOC and below the president? Do you look favorably on someone like Admiral McRaven? Like, the people in positions to make global decisions, it would be terrifying to think they lack a strategic mindset in favor of ass kissing and bureaucracy. Is there ever a back and forth between information from the guys on the ground and the objectives from above or is it a very top down trickling power deal? In some ways I want to think the latter would be better but without sense data they could make some bad decisions.

I'm kind of worried about having to take orders from people, anytime I have ever gotten good at anything it was through persistent trial and error and research whereas everyone else I knew was taking lessons and were stuck squarely in mediocrity. I guess that sounds pretty arrogant - but I think sometimes when people are spoon fed info they get passive.

Do enlisted guys ever make the transition to officer and then are able to rise up into more big picture positions? Or is that a West Point graduate military family privilege for the most part?

Earlier I remember you saying SEALs are like PCs and Special Forces are like Macs. I'm a Mac guy. What did you mean by that? Do you mean like, Special Forces produce holistic solutions while SEALs are more incisive and technical?

I grew up in and around Boston, I've heard most TGs are Middle America small town and that city kids don't tend to do too well, what's your experience been with that? Were you an athlete in high school? Did that matter? Did you know guys with no athletic background who just decided to make it happen? I was skinny fat up until I started training a year ago.

Sorry this was so long and detailed and thanks again for answering these questions. Till all my paperwork goes through I've got nothing to do but wonder and work out ha

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I call it 'the coolaid' and it seems to be a requirement that you drink the coolaid' by the time you reach middle management. In my experience you can't undrink the coolaid. My pops and his father both were career military men, and they've both told me it took them a good 15-20 after getting out to start thinking clearly again. If you're an O-3+ you don't have time to undrink it. I will say, if you meet a SEAL O4/O5 who's a bit older, he probably rejected the coolaid and is stuck at that rank. Those dudes can be islands of rationality. Same thing with really old E8's, they either didn't put on MC because they refuse to play ball oooooor because they're worthless shits, so use your judgement. I've

heard terrible things about McRaven, and I've never dealt with a flag officer I liked. It's definitely trickle down. Even when you get a chance to talk to senior leadership, which is rare, nothing you say carries any weight at all. It's like they literally hear, "Admiral, I'm an E5 I'm an e5, I'm an e5?" 6 of us cornered a 3star once. He didn't know what to do, his aid had to come rescue him.

This is incredibly true. It's one of the biggest faults of the DOD and any organization really. Groupthink destroys innovation and progress and is the bane of my existence.

Mustangs (former enlisted O's) don't rise as far or as fast. Academy guys run the officer core and it's definitely a ring knockers club, i.e. you have to have the class ring to be in the club. We had a mustang in my platoon who was treated like shit, basically kept out of the loop and given no responsibility.

I meant SEALs are better. SF produce cookie cutter guys to fill the role, but they're less capable, adaptable, and effective.

We had more than a couple Boston guys in my class. They did well. You need a sense of humor for BUD/S and they all had that. I swam in HS but I joined at 24. I wasn't a serious athlete at that point. I've put my PST numbers on here already, they weren't stellar. It didn't matter much. I was pushed so much further in BUD/S than I had ever been before that having been an 'athlete' didn't mentally prepare me. I have a great friend who smoked weed everyday and just got off the couch one day to do it. He was plain fat. He's crushing it now and looking at screening soon.

Yeah, its a frustrating time with the anxiety and everything. Take up a hobby dude. Stretch your ITB and learn Excel or SQL or something.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

The middle management and senior leadership bits sound like the exact shit you expect from any ordinary work place! That inability to think for one's self or listen to those *below* you. Reminds me of when I interned in a Chrysler factory. They should have fired most of the older management staff who were stuck in their archaic ways. Yet it seemed like anyone who cared and did their job stayed in their position, while the shitty dudes were promoted so they could be out of the department's hair.

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Every bad thing you've ever experienced in the corporate world exist in the DOD to the Nth degree.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hahaha my dad is a software engineer, he would be stoked to hear you say that. The amount of times he's told me to learn Java. Yeah I read books, play guitar, make the occasional drawing, produce shitty dance music and watch a lot of TV. I used to have friends I don't know what happened hahaha. Moving back to the parents house is like "everyone I kept in touch with moved out to the city when I did, the rest of you act like you're 15"

I have found just lifting 3x3 heavy weights every morning and doing a max sets of the Bodyweight stuff is the only thing that's helped. The amount of "5 sets of 30 and then run as 1/4 mile then find the time and mental dullness to jog 7 miles and swim 47 laps". Literally made me weaker. Like 5 sets of 30 just make me better at doing sets of

30. [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago
30. My fall back plan though is being Kanye West so we will see that's worked is what I was doing in the first place (max out Bodyweight and doing intervals).

My fall back plan though is being Kanye West so we will see

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Everyone is different and responds to training differently. If you have something that works, good, keep it up, but keep trying new things as well. It can be really easy to fall into a routine and that'll lead to imbalances. You got to be constantly reassessing.

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[[-](#)] [JogaMimFora](#) 1 point 1 year ago

What do you think about Colin Powell? He came up from working in a diner and having mediocre grades to becoming a four star general. Granted he worked his ass off, was in the right place and right time, and got to know people to ascend. But he definitely wasn't from West Point. Or is the Navy / SEALs a completely different breed?

Robert Gormly and even Marcinko ascended to Captains / Commanders, one having a History degree from a community college and the other his education through night school.

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

There are exceptions to every rule but I stand by my original statement. If you look at the DOD under Powell and his Doctrine of maximum force you can see a lot of the reasons many people are critical of the current state of affairs. It's leadership like Powell that leads to bloated bureaucracies that lose sight of their true purpose, re: NSA.

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[[-](#)] [ekleiss45](#) 1 point 1 year ago

Just curious, has your friend that smoked weed everyday run into waiver issues at all, or had problems getting accepted into the SEAL pipeline?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

He's a SEAL. He went through BUD/S and SQT with me. He has a TS/SCI clearance. No problems.

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[[-](#)] [ekleiss45](#) 1 point 1 year ago

This is a question I've had for about 4 years, but if you don't want to answer it that's understandable. Do you know how honest your friend was with his enlistment form about his drug usage?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

I actually don't know. I just assumed he lied his ass off, which is my advice. If there is no record of

something, don't ever disclose it. That holds true for everything.

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Do you know if he lied when he was screened for his security clearance or ran into any issues because of the smoking weed, would they even care about someone smoking weed for a security clearance, reason I ask is Ive read that If someone has a history of drug use they will not be able to get a TS clearance, and Ive read that they'll do a polygraph for TS clearances.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They don't do a polygraph for TS. They do poly for certain SCI. History of drug use is a really broad term. A kid that smoked a bunch of pot but doesn't do anything at all now is probably less of a risk than the guy who's addicted to his back medicine. Like I said though, if there's no documentation, lie your ass off about it. They can't prove anything with a polygraph, but if you admit something then it's out there. If you got arrested for possession of something just swear it was a one off foolish mistake you made as a kid.

I hate to advocate lying, I think it's pretty much bullshit that the system is set up to reward liars, but it is. We have a saying, "no good deed goes unpunished." If you 'do the right thing', you're going to get burned for it. Perfect example. Intel guy realized that he had packed an HDD in with other work stuff that he was ferrying from work to home. It had never left his trunk and as soon as he noticed it he reported himself for a security violation. Nothing of importance could have been leaked, he made an honest mistake and then did the right thing, and they kicked him out of the Navy after making a big spectacle of publicly punishing him.

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I can not emphasize this enough, the DOD does not care about you at all. Like the advice mallard said, "HR is there to protect the Company, not you." The Navy is looking to protect the Navy, not you.

There is a saying in the Teams that just doesn't hold true anymore even though it's still preached, and that is, "Always tell your Chief the truth. He's the only one that can help you out but only if he knows the whole story." Maybe 20 years ago this was true, you could count on your Chief to run interference for you and try to keep everything at the lowest level, but that is %100 not the case anymore. Chiefs are playing CYA (cover your ass) just like all the O's. Lie your ass off, admit to nothing, deny everything, and have as much documentation as you can about everything.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

1. How do you feel about the questions we're asking you?

2. Do you think we should ask more questions?
3. Is there anything we haven't asked that should be asked?
4. What was the earliest point in your SEAL career did you entertain thoughts of quitting? Not like Hell Week quitting... but something that made you question why you were in the Teams and eventually enough of it caused you to say "not re-enlisting."
5. I enjoy reading Mike Caviston's information and thoughts on fitness on the SEALSWCC website. I get the impression many don't follow his advice and are preparing themselves for pain and ailment later. Did you ever meet him and what are your thoughts on him?
6. What was your *special power* or even reputation? Were you handy with cars? Were you *the guy* for climbing mountains? Or were you the guy who carried his boat crew's IBS single-headedly?
7. I read somewhere that "we're" switching more towards Spec Ops versus conventional warfare so funding should stay the same, if not increase due to the constant need / readiness for Spec Ops. Does that mean the demand for SEALs will stay consistent but on the other hand since there are no ongoing wars, it will be a bunch of bureaucracy and boringness like post Vietnam era?
8. You said there's been a mass exodus of SEALs.

- a. Do you think it will increase demand for more SEALs?
- b. Do you predict anything policy-wise will change due to this? E.g. less bureaucracy.
- c. How do you predict this will affect the teams?

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[\[-\]](#) [nowyourdoingit](#) SEAL [\[S\]](#) 2 points 1 year ago

1. Most are pretty good.
2. Of course, I think Spec Ops are fascinating in general, but more specifically, if I were looking into joining the military I'd want to know as much as I could about it.
3. When I was 16, I had the opportunity to have a sit down meeting with a SOCM. He answered all my questions with candor, but he never offered anything. If you ask, I'll answer, but I'm not here to preach.
4. I remember the exact moment. I was being lowered down after finishing a climb and my belay partner (as a TG) hands me his phone and tells me its my Senior Chief. I've been in this guys platoon for at least 6 months and we haven't spoken to each other once, so this call is unexpected. He starts immediately into questioning why I'm not at the Team signing my reenlistment paperwork. We have multiple levels of people who's job it is to monitor your career, so you get told when it's time to reenlist and often they'll try and make sure you're deployed

somewhere when that happens so that your bonus is tax free. That doesn't happen very often anymore, but that's besides the point, at the very least you'll get some career guidance and some counseling, basically they try and sell staying in to you, offer you schools and what not. The point is, everyone had basically dropped the ball on me, and then at the last moment it became my problem. So no one at my command and even considered asking me if I wanted to reenlist in the first place, and instead they decided the best COA was to call me up on my day off and bark at me for not already having done it. That pretty much cinched it for me. It would be a small book to explain all the other crap that had me skeptical about reenlisting, but that phone call was the thing that galvanized my decision.

5. Feel like he gave us a talk about shoulder impingement, but it might have been someone else. I'm sure he knows what he's talking about.

6. I was the climber and the driver. Also gear queer. My kit was always different from everyone else.

7. So the thing to remember about SOCOM is that it doesn't exist in a vacuum. If the relative perceived importance of SOCOM goes up compared to say the Sub community or SWO or army air cav, or whatever, then Officers will try harder to be affiliated with it for purposes of their careers. That's bad. Very bad. The worst thing that can happen to SOCOM if for the rest of the military to want to be involved in SOCOM. That's like Minecraft being bought by Microsoft, or any Green Day album after Dookie. It means that SOCOM will be watered down and made palatable. The whole female SEALs thing would never have become an issue if SEALs weren't in the spotlight. The problem with the military is NEVER EVER EVER funding. EVER. It's leadership. Its ALWAYS leadership. And leadership will always blame their problems on either funding or their men, but at the end of the day, it's always leadership that is at issue.

We all know this is true. A good CEO can take a failing company and make it work, and a poor CEO can run a great company right into the ground. DOD works the same way.

If they wanted ISIS gone. Like if that was a real concern for them, they could give 100 of my friends and I free reign over there, not a lot of money, less than the cost of a cruise missile, and we could go exterminate them. The limitations aren't due to money.

1. No, I think the overall demand will go down.

Nope. More bureaucracy in the short term and long term.

It's already having a negative affect. The majority of the experience out there is either doing PMC or floating aimlessly around at some odd job. The guys that are staying are often the least capable, and they're making rank because they play the game that the incapable guys in charge want everyone to play. So the situation is that by the time you enlist and get through training, the odds are good that you'll get to a Platoon and it'll be run by an LPO or Chief even that was the guy the rest of the guys in prior Platoons didn't trust to do an inventory.

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Thank you. I will let it all marinate and ask more questions eventually.

1. Had they been more thoughtful and considerate perhaps saying, "*nowyouredoingit, it's almost the cut off date for re-enlisting. We noticed you haven't been contacted regarding your re-enlistment nor have you contacted us about it. Is that something you wanted to talk about?*" Would you have reconsidered or would there have been some other event to just take its place as catalyst? How likely is it that someone would *care* just in general. From how you describe things...it sounds as if shit's falling apart or perhaps you had a terrible experience. If there's an exodus, however, it leads me to believe the former.
2. What's stopping a "mercenary" / PMC group acting as contractors for Yazidis or the Kurds? I recall somewhere out there someone was offering money to anyone willing to fight for them.

Your Senior Chief was one of these guys that wasn't reliable to do an inventory or was he just a douchebag?

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

In addition, any books you can recommend about learning about the military as a whole? Not some bullshit dear leader Kim Jong Il and his flying soldiers. Something that's either objective or raw as a margin of bias allows.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

The Art of War?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Did you ever meet David Goggins?

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[\[-\]](#) [nowyouredoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Yeah, I wouldn't say we were friends or anything but he'd recognize me. He's an impressive dude.

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[\[-\]](#) [generalhiccup](#) 1 point 1 year ago

I just want to start by saying thanks for doing this. As someone who is on the fence and reaching the max age, all of this is incredibly insightful.

I've read almost all of it I think but I apologize if a question I ask has already been answered.

1. How's the brotherhood in the teams? Did you become close with anyone while you were in?
2. Based on all the negatives, you mentioned you're still glad you did it. Is it that the positive outweighs the negative or that it was just a great experience that helped make you who you are?

3. How many people in the teams do you think feel like you do?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

1. The brotherhood is one of the best parts. You'll do things with other SEALs you could never do with anyone else. I have a bunch of guys that I consider good friends even on top of being brothers.
2. The experience made me who I am. The negatives way way outweighed the positives, but I had an especially bad time. For most guys the decision is a little harder but the majority are finding that the negs outweigh the pros.
3. Depends on what issue. I'm pretty par on most things, a little extreme on some others.

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[\[-\]](#) [generalhiccup](#) 1 point 1 year ago

Thanks for answering so quickly. I think a lot of the things you mentioned provide a great insight. It's pretty demoralizing though. To get a chance to go to BUD/S and get tested only to be stuck on the sidelines and dealing with bullshit when you're done. There are always going to be shitty parts of the job but I didn't expect them to outweigh the positive aspects.

Side note, any chance of going out to San Diego and visiting the compound and/or seeing trainees?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

You can watch a fair amount of the training from the beach near the Del with a pair of binos, but it's not very exciting stuff. You need an escort to gain access to either the NAB or Center bases on Coronado. You'd get a better view watching youtube.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

I'm curious about the violence of BUD/S itself. What was your most violent experience/most violent scene you witnessed? Any times the instructors or other trainees had to violently remediate someone? Any other examples? (funny, horrifying, both..)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

There is a concept we use called 'violence of action', and BUD/S is full of that, but the majority of it is for effect. What is more violent, Rambo spraying 800rds of 7.62 from the roof of a small town police station and killing no one, or Ray Rice quitely putting his fiancée down in one? BUD/S is Rambo violent most the time, loud, intense, and awesome, but they're not really trying to hurt you.

Some of the funnier physical assaults were just guys getting punched or kicked. My buddy had this way of pissing off instructors for no reason, (they just didn't like his face) and there were a couple times when he get lifted up off his

feet and smacked around a bit. One time that maes me laugh every time I think about it an instructor grabbed him and threw him as hard as he could into the pool and it happend so fast my buddy was still at attention flying through the air for a good half second before he realized what was happening.

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[\[-\]](#) [ImadeThisForYouCunt](#) 1 point 1 year ago

- Was your entire platoon on steroids/TRT? Is it pretty much a requirement to be a TG at this point? I don't really know shit about roids or testertone therapy but have you noticed any side effects from taking them? Or from taking any of the crazy pharmaceuticals they throw at you. Do you still have to take testosterone just to get your dick hard now? Or is that all a bunch of horseshit made to scare you away from taking PEDs.
- On another note, what's the shorted amount of time you've heard of guys being in the "vanilla" teams before joining DN? I know your weren't in DN, but have you ever heard of guys only doing one deployment and then going straight to the screening process.
- If you could join the SEAL teams at any point in history, when would you join? Would you rather be in the teams during Vietnam or are you happy joining in the post-9/11 era.
- Did you ever considering joining the Leap Frogs? Or is there a bunch of gay shit about the parachute team that most people don't think about, too.
- You might have already answered this, but are the jobs that you are considering to do now geared to being more "physical" jobs or are you looking to get a desk/corporate job now?

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- Not at all. Guys at my Team weren't super open about it, but I'd guess that less than half were on it. Overall in the teams, it's probably closer to 75% have done it or are doing it. I didn't notice any side affects from TRT except that I got more restful sleep, recovered faster after workouts, and put on about 9lbs in my chest and shoulders. I've never done any synthetic anabolics, but I know plenty who have and none of them have any problems except one or two guys who have got gynecomastia. I think side affects are mostly the result of misuse.
- I've heard of guys being essentially recruited after a deployment. The rules for DN are very flexible and change often. I wouldn't count on getting recruited though.
- That's a hard one. To hear the OG's tell it, Nam was the shit. Basically no rules, kill orders and a SEAL playground. I think I'd pick early days of post 9/11 though. It's more what I know and things were pretty good then too. A lot more high speed.
- Actually the LF's are a pretty good deal. You don't just join though, you have to apply to transfer into them and there is some kind of screening. From what I hear it's a cush gig and you get to jump a hell of a lot, which is great, but again, it's like 8 dudes.

- I'd like to transition into a field I could have some longevity in, like corporate project management. The problem is, I don't have any of the traditional qualifications. My fall back plan was always to do private security contracting but that is drying up very fast and my lack of boots on the ground time in Iraq or Afghanistan immediately disqualifies me for a lot of contracts. (The way PMC's work is they get the contract, usually from the US government but not necessarily and the contract will stipulate personell requirements and then the PMC will fill the slots. So even though I was hand selected to do PSD for the POTUS, the State Dept contract for embassy security with, say, Aegis requires the hired contractors to have 3 years in Iraq or Afghanistan, which is easy now because there are a million marines, soldiers, and even national guardsmen who have done a half dozen pumps.) So basically, I'm getting damn close to moving into my car and driving to North Dakota to start at the bottom out there.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Would you consider all TGs to be true "Operators"? If not, what differentiates being a TG compared to being an Operator?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Definitely not. I've already gone into some depth about the problems of old guys and fat guys. There's plain incompetent guys as well. Being an Operator is like being a proathlete, it means staying sharp and being good at your job. So if the Teams were the NFL, you got plenty of Mark Manino's running around that maybe were athletes at some point but those days are long gone. You also have the Tony Romo's, that suit up but just plain suck. Then of course you got kickers, who might actually be really good at a few things and useful but they're not really full blown players.

What makes a good Operator is a host of things that can basically be summed up with 'mental and physical capability.'

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

Could you lay out a basic financial plan for an enlisted guy going in (ideally for someone who will complete training and be in the teams). Profile: mid 20's, single, no outstanding debt. Just want an idea of how you would have set up savings, tsp, retirement, etc....

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I am DEFINITELY not a financial expert, but my advice is pretty much common sense. Don't blow the easy money. Start a Roth and contribute as much as you can each year. Keep it in something safe like CD's or conservative mutual funds. Be smart about how you spend your money. One of the benefits of being a TG is you can be gone a lot on training and deployments, and the Team will have all the facilities you need, so you might be able to save A LOT on rent. A warning: You'll always feel like you have more money than you really do. Guys will live paycheck to paycheck, racking up 4k bar bills, because its pretty much guaranteed and because if you go broke you have a huge safety net being in the military. Don't do that shit. Remember how much you make per hour in Hell Week and save your

pennies. You can put them to much better use than buying rounds in vegas.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

Why do you think Marines are so hardcore about the fact that they are Marines? The screening process doesn't seem like much and they're not really operators.

Did you hear about the TG who said that "Nobody who wears the Trident is a fan of Obama's administration"?

Superman or Batman?

Any tips to speed up recovery?

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The Marines focus a lot on indoctrination. The other branches do as well, but the Marines are actually hard core about it, and the pride factor is a huge part of that. Devil dogs have a lot more to be proud of than your standard army infantry. They work hard.

I think that's probably pretty true, maybe not %100, but close. We used to tease on of our O's because he was a blue blood and voted for Nader.

Batman.

Stretch and hydrate. You gotta eat too. Said it before in the thread, big fan of the stationary bike on low resistance, 90+rpm's for 20min. Just spin your legs, then active stretch.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

If you hadn't made it through BUD/S whether from DOR'ing, getting dropped, or injured would you have tried to get processed out of the Navy through a medical discharge or through another avenue? Did you know of any guys in BUD/S that tried that? Or would you suck it up and do your time in the fleet?

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I would probably have gone EOD. I still wanted to fight the war at that point. It wasn't a thought though. In my head it was victory or utter crushing failure.

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[\[-\]](#) [generalhiccup](#) 1 point 1 year ago

Any idea what the divorce rate is?

What about guys doing recreational drugs like heroine or coke?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Its high. I've heard %90 brandied about but I don't know if that's accurate.

That definitely happens. I don't know how prevalent it is, but it happens.

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I've heard that figure too, I've always assumed it's a bit of an exaggeration. Have you found that figure to be somewhat accurate in your experience, like had most of the guys you knew in the Teams that had been married been divorced before?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It is kind of hard to say, most of my friends are young and on their first marriages. Thinking about the older guys, I'd say about 50% had been divorced. Maybe less. My assumption is the number is way overblown, and that a majority of the marriages that happen when a guy is a little older than early 20's work out. The big stressors in a TG marriage are just like any military marriage really: deployments, a lot of time at work, usually marrying for the wrong reasons (ie, she wants out of her small town, or you want to make sure she's taken care of if you bite it overseas), and the life isn't as glamorous as a lot of women think.

Guys that get married after having been in a for a bit are generally smarter about finding a good woman able to handle all that stuff.

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I wouldn't lump heroin in with recreational drugs, but are there guys in the Teams that are like smoking weed and "soft" drugs like that, I feel like you'd have to be crazy to smoke weed as a SEAL because of the fact that it's supposed to linger in your system for a super long time. I could picture SEALs doing shit like mushrooms because of the fact that they're already doing crazy shit for their job, it seems like the people that want to hallucinate are the same dudes that like jumping out of planes and other crazy shit. I actually read recently that some former SEAL's that were PMC's died of a heroin overdose on some cargo ship, pretty crazy, have you heard about that?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah I heard about that.

You pretty much called it, adrenaline junkies make great junkies.

It always shocked me to find out someone was doing something. I had the same attitude, nothing was worth risking losing my job over. Guys get complacent I guess, and start to feel invincible, and probably just don't give a fuck. There's a lot of fatalism in the Teams. I don't want to give the impression that this is out of control a la Charlie Sheen and the boys in Platoon. The guys I know who have done it were usually home on leave or on deployment or something where the odds of a drug test were very low. I've seen plenty of guys at work hungover, but never high.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

I am confused as to why you would post that video for people to watch before you go in? Are you just trying to

educate people that wars aren't always fought for the right reasons? Is there another reason? It just doesn't strike me as a video a SEAL would post since it seems very anti-war.

How many officers came directly out of OCS? I hear the spots are incredibly limited due to the academy and NROTC. Was there a notable difference between academy guys and OCS guys?

Any advice for a good philosophical book to start off with for someone with no background in philosophy? Something easy to understand, still worthwhile and thought provoking, but lacking in the esoteric language?

What the hell is a fuck fuck game?

Is there any time off during BUD/S to see your family/get the hell out of there for a while (excluding weekends)?

Is this post hell week depression thing real for some people?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Enjoying combat and being pro-war are very different things. I don't many SEALs who are pro-war. If a war needs to happen though, then they want to be the one's fighting it, but that's not the same as being for it in the first place. That video highlights the realities of war that don't get advertised or glorified in movies. Most SEAL missions involve shooting little underfed dirtbags out in the desert or mountains. It's not sexy, it's not hollywood.

We had 0 from OCS, 1 from the Fleet, and 12 from the Academy. The odds are definitely very very small for NROTC and OCS. Actually, I did know an OCS SEAL and he was really down to earth, so that's probably your answer, OCS guys are less NE Blue blood than academy guys.

Bertrand Russell is a good place to start. The Problems of Philosophy. There are a lot of practical philosophy text out there that are good from a personal betterment standpoint. The Meditations, Seneca, Ayn Rand.

You never know, but they're always a good time. Basically any kind of exercise in futility the Instructors come up with. Can be anything from forward rolling races up berms to tossing all the gear and clothing in the pool and giving you 2 minutes to be dressed and ready to go. Fuck fuck games. You know you're in SQT because the Inst will remind you that you're no longer playing fuck fuck games.

Depends on your class I believe. We had winter break for a 4 day or maybe it was a week, had just been rolled so I flew home. If you get it, it won't be much.

Duuuude. It's real for everybody. That's a great study in human psychology. It's not getting what we want that makes us happy, it's the chase. When you pour everything into getting what you want and you have it, you got nothing. You're empty because you'll instantly realize that what you wanted wasn't actually the end solution, but just another step in this crazy game called life.

It goes away pretty quick, once your body starts to come back online and you can start focusing back on work again. About a week.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I've got a question about fear, I remember earlier when someone said they were afraid of the ocean you told them they were half way there. Lately when things have been freaking me out instead of trying to mentally combat them

with reason or memories or self talk or whatever I've just been sort of falling into them. But it's actually been working as if fighting them just enabled them but falling into them makes them disappear.

Like earlier today I was doing laps at the pool and I really didn't wanna do the last one and noticed myself getting anxious and ordinarily id be like "just throw yourself into it focus on these points try to hit this goal" but today I was just like "yup." And instantly felt a thousand pounds lighter and was actually able to do it as well as I would have been able to do it without all the time wasted on mental hype.

Your thoughts on this? As in is that something that might backfire on me or is this how most guys end up seeing it? I know they specifically teach positive self talk at BUD/S but this definitely seems like a make or break character aspect.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I didn't really use any of the mental toughness stuff. A little bit, but mostly it's just "fuck it". Accept the situation and proceed.

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[–] [Nidkid](#) 1 point 1 year ago

Did you guys party a lot? What was the team like outside of work? Cliques?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yes.

Not that bad. East Coast is the best place to avoid cliques. A lot of house parties and BBQs and everyone goes to the same bars there. Plus you're all basically neighbors. West Coast is geographically bigger with more to do so you do end up with little crews. Training trips are where the real partying happens. Small, out of the way towns across America host shenanigans on a regular basis as Platoons come in and out for training segments.

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[–] [Nidkid](#) 1 point 1 year ago

Nice, sounds like fun. Thanks again for answering all my questions

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

You're welcome.

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[–] [\[deleted\]](#) 1 point 1 year ago

Thanks for taking some questions. Is it feasible to take college classes while a SO? I am joining with an associates and I want to get a bachelors degree, from a legit state school taking online classes, is this feasible?

You say your resume basically reads "can shoot good" but don't you think that just putting "SEAL" on your resume gets you places? Everyone in the USA loves the SEALs since the Bin Laden shooting and I have heard about people faking being a SEAL to help with job prospects. Is it a SEAL + good degree = good options / job choices and no

degree = bad options type of things? In your opinion.

One last question, I assume you are maybe a reserve SEAL right now since you have to do the 8 year service obligation including reserves. Is that correct? What is being a reserve SEAL like? What kind of training do reserve SEALs get?

Thanks a ton man

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Most definitely. You have to make the time, but it's not hard. As soon as you catch your breath from training find the Navy College office where ever you're at and get on it. The best thing I can say about the DOD is that it affords you opportunities to pursue your education. That is the biggest and most underutilized selling point. At least in the Teams, it's underutilized. Most of the fleet guys are out there using their benefits, but Team guys are usually focused on TG stuff, which is really like putting your college football career ahead of your education. Unless you plan on going to the Pros (i.e. a colored place) then you should definitely be focused on getting what you can out of the Navy.

I've spent about 2 weeks in the US since getting out, so I think that might be my problem. It's a wake up call when you realize the rest of the world (and the corporate world writ large) really couldn't give two shits about having been a SEAL. Hiring managers don't know what to do with that. It doesn't fit the mold they're looking for.

Even in the US, where I'm sure it helps, you need to be roughly qualified for the job at hand. I think the enlisted thing works against you in the civ world as well. Once you reach a certain professional and social strata, people are biased against E dogs, with the assumption that an enlisted man, even a SEAL, is of lower stock than the distinguished men of the American Officer Corps.

I'm not in the states so I'm not on active reserves. It's only guys who sign up for the active reserves that do ST 17 (the reserve component), but from what I hear, those guys have a pretty sweet gig. It's mostly older dudes who are basically milking the system. Getting all the sweet training trips and funding but not really dealing with the military BS to much. Supposedly the training is just a little below par with a regular Team, but coming up.

No worries.

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[–] [BuckleUp77](#) 1 point 1 year ago

I've been incorporating these "physical training" routines into my workouts from the PJ preparation guide. I find them better than some of the stuff in the PTG (http://www.airforce.com/special-operations/docs/SORL_DEP_Workout_Phase_1_and_2.pdf). They start off pretty easy but get pretty difficult. How do you think these stack up to stuff I will see in BUD/S?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

They look alright. I would probably do a little more variety. They seem to follow the same warmup/run/crossfit/swim for every workout. Not a bad place to start if you don't have gym access or are really focused on the cardio stuff.

Again, you don't want to prep for BUD/S by doing BUD/S, but you'll do a lot of body weight work in 1st Phase.

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[\[-\] HoleInTheAir](#) 1 point 1 year ago

You mentioned below being a big proponent of the big lifts: squat, deadlift, bench. Assuming one's a solid runner (1.5 in 9:00, routinely run 7+ mile LSD runs), would a 2x BW squat and 2.5x BW deadlift be advantageous, or is that beyond the scope of strength needed for BUD/s?

I only ask because I was into PL before I started training for this, and my base level of strength has remained pretty high.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Those are the ranges you're looking for by the end of SQT, so yeah, very advantageous. It's more than what you need for BUD/S, but it won't hurt at all. You'll probably lose a bit of that strength in BUD/S with the high cardio demands but that's nothing to worry about either.

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[\[-\] HoleInTheAir](#) 1 point 1 year ago

Nice. I use 3x5 for the strength moves, and I've found that as long as you don't run too far or hard the day before squats and deadlifts, you can still keep intensity high.

Nice to see that BUD/S graduates get to focus on strength more in SQT. I'll always enjoy running and swimming, but they're not my first love like the iron.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I would suggest upping the reps a bit as you get closer to BUD/S, just because you have the strength and you'll probably benefit from the added endurance. But yeah, the majority of 3rd Phase on is focused on getting big. Most TG's pretty much pump for 80% of their workouts, with maybe a little running or rowing thrown in for cardio. Strength is king, you can mentally push through endurance.

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How many miles a week do you think the average TG is running per week, how many miles were you running per week while in platoons? As far as a physical training program to maximize combat effectiveness what do you think is the best and how beneficial do you think it would be to run high mileage in order to physically be able to handle the burdens of combat (ie walking and running around in body armor with a bunch of other heavy shit)

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I was running less than 10 miles a week. Often I wouldn't run at all. I've always been more physically geared towards cardio, tall and skinny, so my focus was usually on getting stronger and bigger. The cardio demands of the job are usually pretty minimal. You'll train harder than any real combat scenario you'll ever be in. You need a mountain climbers kind of endurance though, and a lot of that is mental. Look at Uli, the guy was setting world records on the mattehorn before he knew what training was.

I think if you can handle the cardio load of sprinting up 10 flights of stairs with BA on, then you'll be fine in a 6 hour running gun fight because although they're different metabolic demands, the 6 hour firefight is going to be much lower intensity, and much more about mental toughness than hitting any kind of cardio limit.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

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So the cardio/ physical requirements are really not that high. Do you think that all of the cardio stuff in BUD/S is used as a vehicle to assess each students mental strength/ toughness?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Most definitely, but it also serves a purpose beyond assessing you. It's a gift really. Guys that run ultramarathons aren't necessarily more cardiovascularly developed than marathoners or even sprinters. They can run those distances because of mental conditioning. I haven't swam further than 500m in 3 years. And the last time I swam further than about a mile was probably almost 6 years ago. If I was on a boat that capsized, I'd have no worries about swimming 10 miles to shore because I've done distance like that before. The 16miler in Niland with pack and full combat loadout is something you do once. It's not meant to be physical training in the sense that you will improve at that event by repeatedly doing it. It's just meant to expose you to the affects of that kind of sustained put out. You have right about 70lbs on you, the lesson is that even when you're a cardio beast after BUD/S and SQT, you're still human and still have to pace yourself. Dean Karnazes is going down if you load him with enough weight in a desert and have him run far enough. So the point of the training is to both give you an actual real base of cardio fitness, which will probably be higher than you'll ever actually need in combat, and to build the mental toughness to endure when you are actually overloaded from what you're currently conditioned to do, because that's the thing about war, it's not like a race. One last example to illustrate this, Redwing, those boys got shot to shit and it wouldn't have mattered if they had been running up and down mountains every day with loaded packs, the issues they had to deal with were way more than the level of the cardio conditioning. What kept them going was mental

toughness, because you can't physically condition yourself for being shot and blown up.

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That as a great answer, thanks man. That development of mental strength is certainly one of the big factors that draws me and I think a lot of other people to the Teams, the things that SEAL's have done are unmatched, it literally took multiple shots to the head to take Danny Dietz out of the fight, multiple GSW's all over his body and shrapnel wounds weren't enough, its like there's no such thing as too much for SEAL's. There really is an insanely high level of mental toughness in SEAL's that might not even exist in other groups of people, like David Goggins ran 135 miles in death valley when he was 300 pounds, the dude ran until his kidneys failed and then kept running, he didn't even stop when he was pissing blood

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I know how you feel. I felt the same way before becoming one, but once you do it all and get to that next level you realize there is no magic. It's hard work, grit, and an unwillingness to give up, that's all. The toughness (or 'old man strength') comes from breaking tiny barriers over and over again. How do you eat an elephant?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Something you may wanna look into is Olympic lifts, Kettlebells and Plyo training. $Power = Weight * Distance / Time$. So powerlifting is actually kind of a misnomer since you're training for max weight even if you grind it out. If you dig a little deeper a lot of the endurance stuff will end up being at a pretty low sum power so if you picture performance & fatigue as $Max Power / Used Power$ the higher your explosiveness the better your chances of being able to push through the bullshit for longer. And you could train at that lower intensity for longer to get the same effect but that gets boring fast, and there will be a metric fuck load of that at BUD/S anyway..

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What's the turnover rate like in the Teams like right now, I've hear you say there's a huge exodus of e5's-e7's but how is that effecting the overall turnover rate? Is it common for guys to get out after their first enlistment term is up, or are a lot of guys sticking around for 20 years?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't have the records to say something like, "at an all time high," but my guess is it's probably at an all time high. There might have been a post Nam spike as well but its hard to say. The reasons for the high turnover are clear. I think the rate will stabilize pretty shortly as the guys that are coming in will be less motivated by the desire and expectation of going to war, and maybe just more happy to be employed in the current economy.

It is very common for guys to get out after their 1st enlistment, possibly after their 1st enlistment plus extension. (You get a (small now, but used to sizable) bonus for extending for 2 more years and that can be enough to entice

guys to stay on a bit longer). There is literally only 1 SEAL I know, who's 1st enlistment ended in the last 2-3 years and they re-upped, who is not attempting to screen for green, who I consider a good TG. So to clear up that mess of a sentence. About half the guys from my generation have or will soon be getting out. Of the half that are staying, many are staying because they have a shot to screen soon, the rest are just afraid to go into the real world, or aren't very good SEALs and actually find their jobs challenging, or derive more satisfaction from calling themselves a SEAL than from actually doing any of the work of being a SEAL. (So unfortunately, you basically have the cream, which will soon be at DN or leaving, and you have the stuff at the bottom), and then you have 1 guy who is staying in who is a good TG, could make it on the outside, has no intention of screening, and loves the community so much he's willing to put up with all the BS to stay and contribute.

Of course that's in the network of guys of my generation that I know, and I'm sure there are more, and there are plenty of E6-E7 guys that are hanging around to contribute who are amazing SEALs and great instructors. Most of the BUD/S cadre will be these guys.

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[–] [generalhiccup](#) 1 point 1 year ago

Do you anticipate the leadership trying to change things in order to keep guys from leaving? If it's a well known issue, why wouldn't the leadership try to restore the teams to the way they once were....Without all the politics and bullshit?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

You have a basic misunderstanding of what military leadership is. "The leadership" is the President, and the SECDEF, and DNI, and JCS, and SECNAV, and on and on and on. [This](#) should help explain how things only get worse the longer that chain is. Every good thing that happened in the Teams happened because there was freedom of action. That is all but gone except at DN and in little splotches here and there.

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[–] [BuckleUp77](#) 1 point 1 year ago

Hope you don't mind me coming back again and again with random bouts of questions.

Can flat feet get you disqualified?

Does steel pier still happen? How bout evolutions in the mud flats? Do people actually have to take the "silver bullet"?

Is there anything valid that I should actually prepare for going into BUD/S other than getting in the best all around shape possible?

Are graduate degrees uncommon in the SEALs?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

No worries.

No. I knew plenty of guys with board flat feet.

Oh yeah it does, at least when I went through. SP is not that bad of an evolution really, miserable but safe. You get

the silver bullet depending on how bad your hypothermia is. Usually if you just have one bad bout you'll get a normal rectal thermometer, but if you're lucky, like me, you'll have hypothermia so often that you get the actual silver bullet, which is a wired rectal thermometer meant to be left in. They were experimenting with swallowable medical sensors for hell week, when I went through. Those are the deal. They can just star trek scan you without violating any orifices or wasting any time.

Be in good shape, be mentally prepared to not come back.

I wouldn't say uncommon, probably 5% of the Operators had one, more of the older guys had them. It is a little fun when you have a kid fresh out of the Academy who is magically more capable and mature than the enlisted guy with a Phd., at least in the eyes of the DOD.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

That would be nice if those caught on, I think I remember seeing those on an episode of surviving the cut. Are you saying be prepared to die or be prepared to not have to come back to BUDS again? I guess both would be a good idea. Any advice on how to meet SEALs? According to "breaking BUD/S," and I don't know how accurate this book is, but it seems legit, you need at least one letter of recommendation from a SEAL in your officer application. It seems pointless to try and find a SEAL just for the sole purpose of them writing a letter of recommendation. Enlisting keeps looking better and better.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Be prepared to die. If you'll die before you'll quit, and the Inst staff won't kill you (and they won't) then you win.

Where are you located, I could try and hook you up with someone.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

If someone pulled a gun in a public place how would you respond? Do you think it's important people be armed in every day life or no? Not trying to start a dialogue about gun control but just curious what you think the right course of action would be.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Depends on the situation of course, but if I didn't have a loved one to protect, I would rush the shooter. If I was armed I'd kill them, assess the situation, reholster, calm everyone down, and call 9/11 to report an accident (not an active shooter) and then probably have a sit and wait for the police with my hands clearly exposed. If I was unarmed and got to them, I'd pull them apart with my hands.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

To answer your other question, yes. I think every responsible adult should carry a weapon. I think anyone who has reached a certain proven level of proficiency should be allowed to carry an m4 wherever they want. You notice the

President has this [right](#).

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Are most TG's concealed or open carrying, I live in san diego but I know next to nothing about the gun laws here (Ive actually never even shot a gun, I figure they'll teach me that stuff in BUD/S, it cant be too hard) but it seems like concealed carry might be frowned upon if its legal at all in SD, do you know about the west coast guys in particular in regard to carrying weapons outside of work, I figure theyd probably like to seeing as SEAL's killed bin laden and I don't think people are just going to forget about that... by the way that's the most bad ass picture ever, the guy with the moustache and the uzi is smiling and he looks more at home in Scarface

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

CCW in Cali is difficult. I believe it's currently legal but you have to show cause to the Sheriff's department in order to get a license. Open carry is silly in most states. All you're doing is inviting confrontations and frightening people, except in maybe Montana, Utah, and Texas. Unfortunately, SEALs get no special privileges from the law, even though we're more qualified individually than most SWAT departments. Most guys I know don't carry off work, just because a firearms violation will get you pulled from Operational status, and it's soo easy to accidentally break a gun law in most places.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

If you were to (or do) CCW, what W would you CC?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Dream gun is a Nighthwk custom 45. Maybe even the T1 in 9. Actual carry is a S&W M&P9. Happened to get it super cheap, it's an ok knock around daily carry. Not a glock fan. The gun I keep under my pillow is a 226 with a TLR-1, and the gun in my gf's nightstand is a 229 with an AAC TiRant, raised Tritium nightsights, and a surefire x400 with a pressure switch.

If I was recommending a gun to carry, I'd have to know a few things about the individual. You have to size the frame right, and know the budget, and how they prefer to carry and dress, and what their capabilities and comfort levels are.

The M&P9 is slim for a full sized gun, coated and polymer framed to avoid corrosion worries. Has a trigger safety. Was under \$500 when I got it. And is reasonably accurate out to 20m. Plus you can stiple the grips and frame, so it's extremely controllable, even if you got coffee or blood on your hands. Again, it's far far far from the best gun out there, but it hits enough marks and its practical and was on sale. I don't think I'd spend more than \$500 on one.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

I also have a M&P9, but I don't CCW yet. I may be the only one left in KY who doesn't. How do you carry your 9? And what holster do you use?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Raven IWB.

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

I guess I'm the only one with questions anymore.

What are the living conditions like at BUD/S? Does everyone have to live there or can you live somewhere else? I hope this hasn't been asked before, but I'm generally a pretty quiet guy and I can imagine the environment at BUD/S is pretty hectic and testosterone filled.

I have been doing the stationary bike for recovery and it has been great for sore muscles. But as far as stretching, do you do static stretching for certain reps and times or what?

Is there a different success rate in winter classes vs other warmer classes that you know of?

I never swam before about a month ago, my CSS sucks but is improving, I can barely swim normally but am taking lessons. What sort of time is an "impressive" swim? Any advice on breathing technique? That seems to be where I'm struggling. Would you recommend practicing with fins prior to BUD/S?

Out of pure curiosity, how much time did you spend training in hand to hand combat? I can't imagine it's that much when you have multiple weapons and other people with you who have multiple weapons.

Have you read Warrior Soul by Chuck Pfarrer? It seems to be more realistic than most SEAL books out there but what the hell do I know.

Any advice on my first visit to the recruiter? I hear they are notoriously bad, especially when it comes to SEAL contracts. Did you work out/meet with a "SEAL mentor" prior to your time?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You start in 602 and move to 618 after 1st phase. These are three story barracks located on the base. 602 is a bit of a strange place because it's not so much a home as a temporary respite from the abuse of 1st phase. You're constantly on edge there though. 618 is a little more out of the limelight and relaxed. You have a mix of 2nd and 3rd phase, plus SWCC, separated by the floors. If you're a married E5 or an O you can live off base, but you have an assigned room/rack in the barracks that you're responsible for maintaining.

Generally things aren't hectic at all. As soon as the Instructors are gone everyone just tries to catch their breath. Guys might sharpen their knives, or clean actuators, or eat some microwaved oatmeal and then quickly rack out. You need all the sleep you can get. On weekends and when you get over to 618 there's a bit of free time and guys might go surfing or get together to watch movies. It's the exact opposite of testosterone filled.

I'm a pretty big proponent of [this](#) method of stretching. It's not rocket science. Do dynamic stretches pre workout, and static stretches either post or on their own. Hold for at least 30sec per stretch but really it's about listening to your

body and pushing just a little. I haven't seen the numbers but I have been told there is a statistical difference skewing towards more guys getting through summer classes. I think that can mostly be attributed to the pneumonia issue, as summer classes can be just as brutally mentally difficult.

Sub 8:30 is usually up there. The focus of CSS should always be maximum efficiency. You want to get the timing right on your breathing so that you've almost fully exhaled before initiating your down hand pull, that way you can slightly lift your chin and rotate your head (in a pool this should be an almost unnoticeable motion, your lips should just barely break the surface) and get a full breath. Work on swimming slow and perfect. If you can't do something slow, you shouldn't do it fast. You'll swim with fins a lot during prep and indoc and bud/s, so I wouldn't worry about practicing for that. Just like running in Bates, if you can do the PST, you're a good enough runner to handle the transition over to Bates.

I want to say 2 weeks, but it might have just been 1. We have a system that I can't talk about because of an NDA, but suffice it to say, it takes into account the fact that going to hands on is our last option. If I was going to recommend a martial art, it would be aikido and jiu jitsu. For all the touchy feely chi aspects of aikido, the focus on disengagement and control of the flow of battle has way more relevance to a well rounded warrior than krav maga or BJJ.

I don't think I have. I read all the SEAL books I will probably ever read back before I joined, with the exception of Chris Osman's "SEALS" book, which I read because as a new guy, it's shit hard to get an understanding of the structure of the Teams, and that book lays it out pretty good.

Just bite the bullet and do it. I can tell you the most frustrating part of your military experience will probably be going in. Boot camp is GAY. Recruiters are pretty scummy. PST is always a nightmare. Yeah, my mentor was great. Most the guys said their mentors were pretty on it. Unless you're in the midwest where they might have one mentor for 4 States, you'll probably get to workout and get together once a month or so.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How many guys usually to a room? If your roommate DORs do you get the place to yourself?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

4 to a room in 602, 2 in 618. Everything shuffles constantly. The class leader and lpo will probably be on the ground floor, closest to the showers. Then you spiral up and away either randomly or by rank. I started 2 rooms from the end on the 3rd floor and ended up next to the class leader. As guys drop, they consolidate. It's not a big deal though because you're entire life at BUD/S fits in a sea-bag. You just grab your uniforms, sea-bag, and sleeping bag and move over.

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[\[-\]](#) [PriceZombie](#) 1 point 1 year ago

Beyond Stretching : Russian Flexibility Breakthroughs

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Im sure you've heard about that whole thing with the bin laden raid where people are saying that they shot bin ladens dead body "at least 100 times", do you think that's really true, like did they really stick around and have everyone shoot a corpse for a few minutes? I have a hard time believing it just because I would think theyd be in somewhat of a hurry trying to get out of there and out of Pakistan and they wouldn't want to spend anymore time than they absolutely have to in Pakistan, but what do I know. I also assume that theyre professionals over at DN and would look down on bullshit like that but again im just an outsider so I really have no idea.

heres the article if you've never read it: http://www.huffingtonpost.com/2014/03/13/osama-bin-laden-death-shooting_n_4958147.html

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100 times sounds like exaggeration. I have no doubt that at least a few guys put a bullet in him just to say they did it. I certainly would. Hell, I'd piss on his corpse if I happened to need to micturate at the time, just for something to tell the grandkids some day.

The guys at DN are pro's, but that doesn't mean that some of them are not also homicidal maniacs who enjoy killing. And there is nothing wrong with that. The last guy you want going into fight with you is someone who gets queasy dismembering a body.

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What percentage of SEALs have nice trucks? I want to buy a Silverado, when is the best time to get a car in BUD/s? And Im joining with money saved up from working so I aint going to be poor.

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Finally. I've been waiting for this question this whole time.

I'd say the most popular truck in the Teams is the Tacoma. A few guys drive big, lifted diesel monsters but most dudes go a little more practical. Probably close to 50% of dudes are truck guys. I'd say, if you actually have the money for the down payment, get it near the end of 2nd Phase. At least wait till after pool comp to be relatively sure you'll be making it to graduation. Don't rush it though, you won't get a ton of use out of it until after BUD/S anyway, and it's another potential liability.

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Another question, they are talking on CNN about if replacing the Secret Service with elite military commando units is a good idea. Do you think that would be a good idea to have Navy SEALs and DELTA Force protecting the president in

the US regularly?

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God no. Christ almighty, that guys already has waaaaaay waaaaaay too much security. Not to mention that they [already](#) use Specops guys for PSD, they just don't publicize it. Which CNN would know if they did even a modicum of research. I know plenty of guys who have been flown out to HI and missed their Christmas vacations with their families to sit in body armor in a house just so the Pres could get some shaved ice.

I can't go into details about all the resources the office of the president uses up on a constant bases, but it is an extremely high amount. Just to give you an idea, a friend of mine was trying to fly out of HI on a space-a flight the week after bobama left. Every C-17 (which is a huge cargo plane) leaving that week was a banner flight, meaning the USSS and pres basically called dibs on all space on all flights for a week, to move dozens of up armored vehicles, people, equipment, etc. So the guy could go on vacay.

Besides, the USSS is a boring ass gig. No one wants to get that detail. When they want one of us to go workout with the Pres or 1st lady, we ask for volunteers (no one does) and then we assign the new guys because it's stupid.

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

What's your opinion about Stew Smith's 12 weeks to BUD/S program? Did you know anyone in your BUD/S class that used it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I played with it a bit before going in. Programs are great. But eventually you need to figure out your own deal.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

1. Thoughts on Boko Haram
2. Thoughts on the situation in Crimea

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

1. Perfect SEAL mission.
2. Interesting. It should be a wake up call that no matter how civilized and developed the world gets, there will always be someone who is willing to take what's yours. America is failing right now in the role of hegemon. If we're not willing to go to the matts over self-governance and liberty, what does that say about how much we actually believe in those things.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

You know that feeling when your nervous system is all jacked up cause you did some fun shit like lift explosively or super fast grease the groove pull ups or intervals, is that something I should cherish or be a little worried about (overtraining or some kind of CNS fatigue) cause I'm usually pretty calm but getting done with a workout is starting to feel like cocaine to me. I don't wanna end up having a 3 week stretch where I'm suicidal with a broken dick..

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Cherish. Overtraining is like ADHD. A lot more people think they have it than actually do.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Just saw that TED talk you posted a while back about rethinking America's military strategy. Guy makes fascinating points, my eyes were glued to the screen the whole time.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. What he says is so self-evidently true that it's shocking that the DOD hasn't implemented his strategy, or it would be if you didn't know how bloated and self serving the DOD is.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Yeah I was shocked at his 6 part plan for sustainably winning wars and how we can take out any city but we haven't even tried to build the infrastructure to preserve that security. His idea of a global court with an enforcing body was a little New World Orderly though. Seemed like the right solution overall but I can imagine a lot of paranoia creeping through from that sort of thing.

Also, what's your thoughts on crossfit?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We're so far past the NWO fears. The tinfoil hat guys that were paranoid about government surveillance are seen as conspiracy nuts even though they've been completely vindicated. The world is getting smaller. We will have a global governing body eventually. Corporations are becoming more influential payers on the international stage. The question is how are we going to structure this. Are we going to have an open and transparent system or are we going to keep going down the course we've been on where we don't hold those in power to account, and power continues to focus in smaller and smaller groups. At this point, the number of people it takes to make a decision on using the entire spectra of the U.S. military is astronomically small. I think we'd be better off if we had an open and transparent decision making process about when that sort of force is used. We want cops to wear body cameras for good reason. We should have body cameras on the politicians who are making the decision to kill people and destroy infrastructure.

Crossfit is pretty great for a number of reasons. All the criticisms of the community are justified though.

There is too much dogma, too much group think, and too much of a cult identity to the organization. Also, kipping pullups are bullshit.

Crossfit style workouts are a good tool in the arsenal, but they're not optimal for training. They're best as a cardio conditioning tool which will maintain as much strength as possible. I'd say they shine as a conditioning/maintenance workout for when you don't have a lot of time. When I felt really good (strong and good conditioning) I was often doing a few hours of power lifting, with a 20-30min crossfit style workout. I know plenty of guy that just do mainsite crossfit and are animals. So again, a good tool in the toolset but not the end all be all.

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Are you living in Australia? If so I would definitely love to buy you a beer

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not currently, I might be in Perth in a few months though if you're in WA.

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Ah I'm in Qld. Well if you're ever travelling to the sunshine state then you have a place to stay, a place to workout and a cold drink to enjoy. 100%.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Much appreciated. Might be down there for a wedding in the Spring. Don't be shocked if you get a PM in a few months... always looking for somewhere to workout.

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Alright sounds good. I'll keep checking my inbox monthly ha ha.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

What's your best blister remedy/prevention?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Depends on where you're operating and where you think you'll blister. Reducing friction is the key. Do some barefoot running, or at least as much time walking around barefoot as you can. The big thing in BUD/S is soak your bates in hot water for 10-20min, to loosen the glue, then use a razor or sharp dive knife to cut the leather on the inside heel cup and rip out the cardboard insert they use to stiffen the heel. I used to do it for 10 bucks a pair and guys with heel inserts got blisters and guys without did not.

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[\[-\] JogaMimFora](#) 1 point 1 year ago

In preparation for the PST I quit heavy weightlifting. However, I have residual thunder thighs from having some 400 lb one rep max ass to grass high bar squat (stealth brag). I chafe from long distance swims and runs right where the groin meets the thighs.

Suggestions?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Body glide. If you're too big to be an efficient runner then switching to body weight workouts and big reps/dist is probably a wise choice.

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[\[-\] JogaMimFora](#) 1 point 1 year ago*

Question... Is something like the whole soaking your bates in hot water for 10-20 min to loosen the glue, and etc. just common knowledge around there that gets thrown around, or is it something you have to ask about? And how did you become the boot guy?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No one told me how. I heard about removing the cardboard insert but had to figure out the easiest way (soaking then cutting). I was good at it, and so for a few bucks I'd do it for guys who didn't want to spend the time. I showed anyone who was interested. Most stuff gets passed around really quickly through the class. A couple dudes figured out that you could get your floor cleaner if you used industrial strength wax stripper on it before mopping and by the next weekend everyone was helping to mop each other's rooms with the stuff.

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[\[-\] HoleInTheAir](#) 1 point 1 year ago

Oh man, can I relate to that, buddy.

I assume you do still do some squats and deadlifts, though?

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[\[-\] tom311](#) 1 point 1 year ago

Did you have any interaction with SWCC during your time? If so what were your thoughts, both on the job and the members of it?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not frequently. I think the job is kind of silly. I don't see a huge need for specialized small craft crewmen, but that's pretty much no different than 90% of the DOD. It's no secret that a lot of guys in the SWCC community are BUD/S duds. That doesn't mean anything at all in terms of quality of the individual or character but it tends to equate to an identity problem. People tend to carry a chip on their shoulders when they're not the top dog. I felt that way

sometimes about DN.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Did you have specific responsibilities when you're not on missions/at schools? On a given day are you judged by the hours you put into a task or is it just a baseline of things to get done then you have the day free to train or do whatever or is it a regular "show up here for 8 hours" deal?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That really depends on your Platoon and Team headshed. Often my Platoon would muster, do command PT, and then sit on our thumbs until around 4. Our Chief, (Probably our LT actually, who put the responsibility on our Chief so he could pretend to be the good guy) wanted our cars in the parking lot so that the Team thought we were working. Other Platoons only came in when they had work to do. It was up to the individual to take care of their responsibilities (which was true in our Platoon as well). Ordinance department head might grab a guy or two to help him do his monthly inventory. 1st Lt. might need half or all the guys to come help run outboards and prep zodiacs.

In terms of what specific responsibilities you might have, you're often a department head or secondary. Some example Depts:

- Diving: Inventories dive gear, preps for dive evolutions, coordinates with support staff.
- Air Ops: Coordinates with Riggers for any jump or tower evolutions. Might give jump briefs, but more likely going to be a Rigger.
- Intel: Inventories cameras and hdd, etc. Works with the Team intel guys to prep packages for evolutions.
- 1st Lt.: Responsible for transportation, maintains outboard engines and zodiacs and Platoon vehicles, all kinds of little jobs like fueling trucks and inspecting fluid levels.
- Comms: Inventories radios and miscellaneous comms equipment, keeps gear clean and charged, programs MBITRS, etc.
- Ordinance: Weapons inventories, responsible for loading out weapons and transportation, responsible for munitions like ammo and ARDs, etc., coordinates with the GM's.
- Admin: Keeps personal records up to date, prepares trip folders for training trips, makes sure everyone has an up to date will kind of stuff.

At any given time, your department may not be utilized at all, so you'd just do your monthly inventory, which might take an hour or a day, and then help with other miscellaneous stuff. When the Platoon is doing Dive Ops, and you're the Dive guy, you'll be busy, same for the Ordinance guys on range days, etc.

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How often does that average platoon shoot, is it a perishable skill... out of curiosity do the SD teams do their shooting at camp Pendleton or San Clemente, I can't imagine there being a very large range down at Coronado

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That's hard to say, I can tell you that it's a hell of a lot less than I expected. I went almost a year without being on a range at one point. Yes, it is a very perishable skill, at least the last 20% is. I can go for a while of not shooting and be at 80%, and I can get the last 20% back fairly quickly, but if you're not dumping a few thousand rounds a month down range, then it goes.

Team 1 has an indoor range at the Center on Coronado and a kill house at the EC, but the WC Teams mostly go out to the desert ranges, Niland, La Posta, etc. The Teams use Pendleton and San Clemente as well, but for normal range work it's mostly the desert.

Here is a rough comparison of equivalent annual trigger time

- an entire Police Department < One SEAL
- an Entire SEAL Platoon < One CAG Operator

That's pretty rough, but you get the idea. Pretty much everyone who joins thinks they'll be shooting like CAG, but that's just not the case. As with everything in the DOD, the gap between expectation and reality is a full order of magnitude.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The real perishable skill is HRT style CQB. The FBI HRT guys spend about 2 hours every workday morning doing house runs. Same with our JSOC guys, they do HRT in their sleep. For most of the rest of us, we ramp up the CQB training right before deployment but otherwise you only get it during that phase of workup. Being a competition level shooter isn't that important. Even the best SEALs are mediocre three gunners, (Aaron is #24 right now and he does it full time). CQB is about a lot more than just marksmanship and weapons manipulation. It's like being a great speller doesn't make you a poet, but to be a poet you need a solid command of spelling. CQB is poetry in motion and being good at it is a beautiful thing that takes constant work.

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That's interesting, I didn't know the hostage rescue team trained to such a high level. Where you/ most other TG'S shooting before they went in, would it be a good idea go do some shooting before going in or is it pretty easy to pick up? So with the guys at Coronado having to go to out to the desert to shoot is there a lot of travel time or do they just sleep out there for a few nights instead of driving back and forth every day? Wow I really don't know shit about shooting/guns I had to look up "3 gunner", I wasn't really aware shooting for sport existed, is that guy Aaron ranked #24 in 3 gun shooting?

Side question do you know of any TGs that actually live on Coronado, like not on base (don't know if theres even barracks there for SEALs) but in a house or apartment, I cant imagine the navy is dishing out enough housing allowance to live somewhere on Coronado, that shits so expensive I go down there every couple weeks or so with my gf cause her parents live down there and even for a tiny, old house its insanely expensive her parents house cost them over a million dollars and its tiny with three bedrooms and anytime theres a house near theres for rent or sale the asking price is ridiculous.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I had shot before; Boy Scouts, mostly. You don't need any experience whatsoever though, and you're probably better off without any as it's easier to teach than to untrain and retrain.

It's only about an hour and a half to the closest range IIRC, a lot of times they'll do the transit but there are facilities if they want to go out for a solid chunk. They'll usually do land warfare at a Marine Corp base a few hours East and stay at the barracks we have there for the duration.

Aaron Reed is an ex-SEAL turned pro 3-gunner. He's been getting better but he's still not in the top 10, just to give an example of the disparity between a SEAL and professional competition shooters. Being a SEAL is a about a lot more than just shooting and our shooting reflects that.

There were a few O's that had rented a place together. I'm sure there are at least a couple guys living on Island doing that still. 2 or 3 Officer housing allowances can add up pretty quick. Most guys live in more affordable neighborhoods and commute.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's been a few years since I've talked to any HRT guys, but my understanding is that they train a lot. They're the FBI's response to CAG, so they've modeled them that way.

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[\[-\]](#) [fishandwildlife](#) 1 point 1 year ago

Based on your experience and what you know now, would you do it all again? Also, why did you decide that you wanted to go into the military and when did you start to seriously consider it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I would, but just for the training and opportunity to work with some truly awesome people.

9/11 Sometime before 3rd period. I walked out of Spanish class because the teacher thought we should continue business as normal, despite the fact that the towers had just collapsed, so I walked downstairs and found an empty classroom with a TV. My English teacher joined me and we were talking about what it meant, and I realized, all my asocial psychopathic traits made me perfect to be one of the guys to hunt down those responsible like dogs.

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[\[-\]](#) [fishandwildlife](#) 1 point 1 year ago

Do you think that the training worked as far as finding the right guys for the job? If not, do you think the screening process should be different?

Also, hypothetically, if 9/11 and the ensuing wars in the Middle East never took place, do you think you would have still joined, the military or the SEAL teams?

Thank you for answering these questions.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The training is about 80% right. Part of the problem is that BUD/S is an A school. It's just a first step. So it filters out most of the quitters and guys who don't have the determination, but you lose a few good guys as well. It also lets through guys that are horrible shitbags who just had the drive to get through training but don't actually want to work. Also idiots. Every TG knows at least one dude who they look at and go, "how are you even allowed to drive a car, let alone be a Navy SEAL?" But yeah, it's about 80%. This is why DN has a whole different selection process, which is much more geared towards being a good teammate and a thinking shooter.

Probably not. I never wanted to join the military. I was smart enough to know what kind of an organization it is. But I wanted to kill bad people, (mostly fundamentalist Muslims), and after doing some research, decided SEALs were the best chance of doing that. Everything else about being a SEAL was a secondary bonus to my primary motivation to slay.

Your welcome.

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[\[-\]](#) [fishandwildlife](#) 1 point 1 year ago

It surprises me that guys would have the drive to get through BUD/S but not really want to actually do the work that SEALs do. Do you think that BUD/S is a good indoctrination to the SEAL lifestyle or is it apples and oranges as far as BUD/S vs. the actual teams?

Do you feel that your motivations for going in were similar to most of the guys? Also if you wanted to kill bad people, why didn't you roll the dice on another enlistment? Do you ever have seconds thoughts about leaving when you did?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's a fraction of the guys, but they get through. Look at all the phony SEALs out there. There are 100 guys that want to get the credit for every one guy that actually wants to put his head down and do the work.

It's pretty good but it's weak in two ways: 1. BUD/S and SQT require very little personal imitative and decision making. For the most part you can follow the pack, and repeat instructions. 2. Life in the Teams is a lot more boring that BUD/S or SQT. It's fairly easy to be an awesome team player when

everything is go go go, but when you start to get into a normal 9-5 routine, and you have a real life again, hanging out at the Team on weekends doesn't seem so great anymore and guys start to shuck responsibilities. One you attain your goal, it's easy to become complacent.

Yeah. I was definitely of the generation of guys who were signing up to go to war, just happened to be on the tail end of it.

There was no rolling the dice. I could see the writing on the wall, and it was time to get out. Nope.

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looking back would you have rather joined when you got out of high school rather than after college because if you were to have done that you would almost definitely have had the opportunity to deploy. The idea of deploying is a big thing for me, I even tried to get an option 40 out of high school cause all you do is go through basic then RASP and in like six month total youre a ranger and by now I would have probably deployed at least once (a friend did that and he has deployed twice now) but for better or worse I couldn't get my waiver approved by the army(fortunately the navy usually approves the waiver I need) so it was back to the original plan of enlisting after college. However small the chance of going to war is for me its a huge reason for me going into the military, honestly it bums me out that I might not ever go on an actual deployment. DO you think you experience in college helped you in any way in the Teams?

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Most definitely. Huge mistake waiting to do college but how could I have known that. 07/08 things were still very very hot. I got very little out of college, but that extra few years made me a bit more mature, I suppose.

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would you be willing to elaborate on "asocial psychopathic traits", like were you just beating the shit out of kids at your high school left and right for fun?

Good point, I hadn't considered that, and even after that period in 2010 Afghanistan was heating up again big time during the "surge", that must have sucked watching all of those 18 year old soldiers/marines going to afg basically right out of basic and not being able to go your self

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Nothing like that. I have no qualms about killing, but I'm not a violent person. I'm a stoic and a libertarian, and I know everyone should have the right to live their lives so long as they don't hurt or defraud other people. You ever have a friend say, "I could never do that."? Maybe while watching Jack Bauer torture someone on TV or something like that. I've heard that phrase a hundred times in my life and I've never once identified with it. I always thought, "I could."

People have a bad perception of psychopaths, but I can tell you that having a differently wired brain

doesn't mean you're evil. Most the good TG's I know are pyschos.

If you've ever plotted a revenge killing, you'll probably make a good TG.

You have no idea how frustrating that was. The worst part was the attitude of our leadership was, "we don't owe you deployments. we were all in for years without any war, not doing anything, so you can learn to wait too." And then 2 minutes later they'd be ridiculing you for having no deployments. Felt like fucking Yossarian. They would literally dangle offers of deployments to guys right when their re-enlistments were due to entice them to stay in. It was like being in an abusive relationship. Example of the kinds of dialogs guys would have with the MC come reenlistment time:

- MC: "Baby, I promise, this time it'll be different. We got spots open for you with Team 3. We're going to try our best to get you into Breacher. Just give us another chance." "
- You: "I don't think so. I really think it's time to move on."
- MC: "Ok, ok, look, I can't make any promises but I might be able to pull some strings and get you an augment. How's that sound? You just got to re-up for 2 more years. Please."
- You: "I've seen and heard this before. I love the Teams but I got to go."
- MC: (changing tactics) "Oh yeah, what are you going to do, huh? You have a guaranteed paycheck here, and free dental and medical. Where is someone like you going to get that in this job market?"
- You: "I don't know, maybe I'll go to school. Use my GI Bill."
- MC: "You'll be back, and when you come crawling don't expect to get into another Team, I'll call the other MC's and make sure you're on the shit list."

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[[-](#)] [Batman666777](#) 1 point 1 year ago

"If you've ever plotted a revenge killing, you'll probably make a good TG"

Ha good to know. This guy sucker punched me when I was younger and broke a tooth through my lip which broke his hand (& skin). Told his friends I had HIV and memorized his address from the transcript when my parents pressed charges. Psych Warfare and Intel at the age of 15 ~ never followed through with it though hahahah. Saw him at a party a while later and started flirting with the girl of his crowd while non chalantly swirling an empty bottle with my other hand. He crossed his arms and feet and was literally shaking while doing that leg shake with a hunched over posture. I wasn't physically strong then so I made do with what I had. The expression on his friend's faces when they noticed him crumbling was priceless though.

And despite what my ex girlfriends say I don't think I'm actually a sociopath, though this other time I seriously considered pushing this dude off the side of the bridge for talking shit to me after I walked past him. I turned around broke pace and got right next to him and started staring at him.

Super guilty tense fearful face, but he didn't say anything or look at me. If he had we weren't more than 4 feet away from the barrier coming off Randall's Island in NYC, probably woulda snapped and booked it to the subway. In hindsight definitely disproportional.

Maybe I am a psycho. I don't like crowds either. I don't even like dating cause I know how to get in a girls psyche like instantly. Oh well. As long as the C SORT can't tell :)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Be amiable and friendly, but have a plan to kill everyone you meet. Someone said that. It's just good business.

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Gen James "Mad dog" Mattis said that, I believe in reference to counter insurgency, he said be polite, "be professional but have a plan to kill everyone you meet" everything that guy says is pure gold, he once just simply said "power point makes us stupid. My personal favorite is, "I come in peace. I didn't bring artillery. But I'm pleading with you, with tears in my eyes: If you fuck with me, I'll kill you all" hes still like a superhero to all of the marines at camp Pendleton, everybody loves the guy

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That's it. Mattis.

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hmm so master chiefs are pretty much crazy ex girlfriends when it comes time for reenlistment

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yup. Being in the military is like being married to Ray Rice except you don't get payed as well.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What was your favorite training phase during work up to a deployment? CQB seems like it would be a lot of fun once you have perfected it and I've read that everyone wants to get on the helo for hostage rescue missions

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I loved Kodiak. I loved land warfare and CQC. SOUC is a lot of fun too. There's no such thing as perfecting CQB, but when you get good flow it feels pretty great. The most fun was when we got to go off reservation a bit. Anytime they loosened up the leash we usually had a good time.

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[\[-\] Nidkid](#) 1 point 1 year ago

I'm a wicked slow runner, I can't break 16 seconds consistently on a 100m! What should I do? Max strength? Explosive work? The rest of my PST scores are average and my 500m swim is a little under 10 but I see scores on the forum going down to sub-8, I'm hardly at that pace on a pool length dash. Any advice?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You don't need to train for the 100m. You should be looking at getting your 440 down to sub 1:10 and more importantly, your 1.5 down to sub 9. What kind of mileage do you currently do?

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[\[-\] Nidkid](#) 1 point 1 year ago*

Not a lot at all I've been doing interval training a few times a week

3-9 100m sprints on a track till something hurts usually

When I do a long run I can go indefinitely without wearing myself out but I usually stopped between 45-90 minutes whenever I got too bored, but it's been a pretty long time since I've done one..

I thought if I could do a 100m in 12-14 seconds I'd end up fast enough to do the distances a little bit slower.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'd up the mileage and change up the focus of your workouts. Do a half mile warmup, then do mid distance training, like 3 x 1.5 mile with 5 minute rest between, or 10 x 440 on 3 min interval. Do a couple of these mid distance speed work days a week (with a total mileage of 2.5-5 miles per workout incl warmup and cool down) and at least one long slow distance run in the 4-8 mile range per week also. As your mid distance speed increases, start trying to get your pace up on the lsd run. Sub 7 min miles for 4+ is a good goal. Pure sprint work is not going to help you. Google olympic sprinters and 2 milers and look at the difference in body type. You want to be more of a 2 miler for BUD/S. If you hit plateaus in your training, start throwing in something like 440's mixed with leg blasters.

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how long were your LSD runs before you shipped out, and what pace? that mid distance stuff sounds good, seems like its better than the CHI that the PTG recommends, did the PTG exist when you were training for the PST, if so did you use it?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I wasn't doing a lot of running. Maybe 4 or 5 miles tops. My 1.5 was about 10:15 so my 4 mile pace was probably about 7:15min/mi.

My advice is based off of the kind of running you'll do at Prep to quickly get you up to speed.

No, don't think they had PTG, or if they did I didn't know about it.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Awesome, I will try the 3x1.5 out as soon as the middle school down the street finishes clearing out.

@Stuffname the LSD runs were pretty slow, zone 1-2 pace, around 7 miles an hour on the road, closer to 6 on a track. & yeah some of the contracted scores are literally twice as good as I am.

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the PTG will do a pretty good job at getting you 1.5mi times down, I think most guys over at sealswcc are doing quite a bit more running than it recommends though which is probably good, remember you can tweak the PTG to suit your needs, maybe try doing a little more running than it suggests. out of curiosity what pace are your LSD runs at and what distance? some of those kids at sealswcc have amazing pst's. and like he said ditch the 100m sprints and do like 12 quarter mile (440) for intervals, the CHI running helped me get my time down a lot

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

It kind of bothers me that some people seem rather *hungry* to get into combat. As if it's a *good* thing to *finally use our training* and prove themselves. Why not take a more centered approach to it? Like people in martial arts don't go around looking for fights so they can *finally* break some guys arm or throw someone into a pillar. Should the situation arise for its necessity, however, they'd be the ones to act confidently and swiftly to subdue without a second thought. Otherwise it just screams of insecurity and power-tripping ego problems akin to police brutality. Like if it were up to me, I'd make it my responsibility to just "know" that if a situation were to arise, I could handle it somehow. I'm not gonna stir shit up and I'll also be perfectly fine with it because I know my own values and abilities and don't need to prove it. If a situation arises, however, I'd jump into the fray.

Thoughts?

I get a strong hunch that the reoccurring SEAL trend of being a psychopath is imminent.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

You're 100% right except for one thing. We were actively engaged in a war. To use your analogy, I'm not looking for a fight, but some guys are cutting off peoples heads, and I know that I can stop them so I contract out 6 years of my life in order to go stop them. I want to be the best at stopping them, so I do nothing but train and focus on stopping them. Then the people I work for, who happily took 6 years of my life and told me I'd be going to stop them tell me, "We'd rather use your for corporate espionage." and I watch as they send poorly trained kids over there to do the job I was trained to do.

Does that put it in perspective?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

Martial Arts are sports first. There are stories of wrestlers putting people who were actively trying to harm them in submission holds but all they had to do was "tap out" and then they let go reflexively only get their head stomped in. Even in karate you're taught to pull your hand back as soon as you hit your opponent. That's not how you produce the maximum damage. Think about a powerlifter, to produce all that force takes them contact time. People aren't really explosive enough to produce Bruce Lee level of power at that speed, that technique is a provision to prevent serious damage to your competitor. You either train to destroy or you train to lose. Look up Tim Larkin Target Focus Training he goes into this with some detail - ex TG runs a consulting firm designed to teach people basic survival against asocial violence. I'm only 21 and I have seen so many random acts of violence and gross over reactions by normal citizens in the most random places. An ihop, outside a McDonald's, and at the door of a Starbucks just to name a few. If you're not trained to jump into the fray, you're no going to jump in the fray. 1. It's called the bystander effect 2. It's one thing to have a defensive impulse when a guy runs into a restaurant hides behind a table and yells for help, it's another thing to confront the guy 2 minutes behind him who's twice your size yelling with a full size mag lite in his hand.

I agree with you about police brutality but I honestly think that a lot of those circumstances come from overtraining (to kill rather than subdue) and knee jerk fear reactions first, and asocial violent impulses a distant second. Sociopaths don't need to be cops to get away with doing fucked up shit.

I would assume a sociopath's motivation to be in the teams has less to do with the infliction of violence - which they could do in any major city after 11 PM and have a reasonable chance of getting away with it and more to do with their super high threshold for boredom and pain.

"I'm not gonna stir shit up and I'll also be perfectly fine with it because I know my own values and abilities and don't need to prove it. "

I know you want to think that's true but it's not, "what is the Lightning if not the flash", you are what you're trained to be. Unless you have complete certainty in your ability to end that person's life, and in your ability to judge wether the situation warrants it, you cannot win. Think about the difference between a bar fight and a junkie mugger. One of them is for bravado, the other one is intent to do the maximum possible harm to create the least amount of risk for the most profit. That junkie will fucking kill you and not think twice about it because he is so motivated the fucking sky could be falling and it would be irrelevant to him.

Having been a victim and an observer to these situations there is NEVER a " fray". It's on and off like a flickering lightbulb. Someone snaps and someone pays for it.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

The point I was trying to make was... fighters, most, don't try to prove their worth via picking fights. They know they could take down the average non-trained civilian.

I just get an odd spidey sense inkling there's SEALS / candidates who are hungry for their "chance" to prove their "inherit" ability versus containing it to themselves.

Maybe I'm just projecting myself!

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Idk man I'm just saying to a man with a hammer everything looks like a nail. Sorry my last post wasn't so concise, I was like half asleep and rambling.

It's all how you've been conditioned, 99% of things people do are reflexive. A guy who's trained to fight in a competition environment won't pick on civilians because his master is drilling self defense and point systems over manslaughter. Did you ever watch the BUD/S documentary? How many times do they say "the more you sweat in training the less you bleed in war". So your spidey senses are accurate but that's because the role they need to play is hammered into them from the start. So when they don't get the chance they're obviously upset that they're not fulfilling their potential. They both happen to be fighters but the intent couldn't be more different. Similarly someone who picks on civilians probably spends just as much time glamorizing villains as misunderstood outcasts because they happen to relate to that archetype, like in the case of the Boston Marathon bomber reading too much Islamic extremist propaganda, I would assume because he felt rejected by his immediate social hierarchy - why else would anybody start reading that trash?

There's more sophisticated roots to behavior patterns than just "this cocky sum bitch finna Rambo that nigga" ha

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he's mentioning psychopathy for a reason, hes probably just accurately stating what he saw while in the Teams. I'd assume Cleckleyan psychopathy is very common in almost any special operations unit (and probably most common in groups like the SEALs or the brit SAS because of their reputation), psychopathy is not synonymous with violence or psychosis, some of the criteria for "contemporary" cleckleyan psychopathy are being overly bold, uninhibited, not afraid of really anything, and obsessive (kind of sounds like people who want to go to BUD/S and the SEALs huh) remember I'm not referring to criminal psychopathy, that's a different animal and often includes an individual taking pleasure in committing crimes and oftentimes comes along with a degree of psychosis

I personally don't think there's anything wrong with wanting to experience combat or even being eager or "hungry" to experience it, wouldn't you want SEAL's to be eager to experience combat and enjoy it, furthermore I don't think you'd want the guy who shot bin laden in the face to feel bad about killing people or get sick when he sees a dead guy.

I also don't believe that people want to experience combat to "prove themselves" I think a lot of people look at it as something like free soloing big walls or something else that's dangerous, it's just fun cause it's super dangerous and you could die, having said that there's definitely guys that want to experience combat just as a badge but those are probably the guys that go around telling everyone they're SEALs to look cool and they're probably a minority

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Indeed there's nothing wrong with wanting to experience combat. It's part of the profession, if you deploy to a combat zone. And it makes you more confident from there on out. Who wouldn't want that?

I may have a tendency to blow up the minority / negatives. So yes, there's probably more in it for the actual thrill / edge like skydiving than to prove one's self. I'm still scared of the latter.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do you think you get give a rough percentage of the number of guys in your class or classes your familiar with who went to BUD/S at 27,28, or older? I think you said the average was 24-25 with a lot of the guys opting to go to college before joining the Teams, but how many were a few years older than the recent graduates? And were those a rarity at BUD/S and looked at any differently? Thanks man for all your info and time you've spent on this AMA

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There weren't a whole lot of them, probably more 18 y/o's than 28 y/o's but there were a few. No one really looked at anybody any differently. Maybe in SQT older guys were potentially seen as more responsible and fit for leadership roles, but that's more a reflection of the individual than the age.

You're welcome, it's no problem.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Would a 28 year old be able to make it 2 enlistments in the Teams or are guys that old really only fit for 1 enlistment before leaving the Teams due to concerns about his age/body/fitness levels/injury concerns? I guess the only benefit is that a 28 year old who joins up wouldn't have the wear and tear on his body that a 28 year old SEAL would have if they joined at 22

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I know plenty of guys operating into their 40's. You're dead on about the difference between a 28 y/o who's been in for 8 years and one who hasn't.

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Is there an age where it just isn't physically possible for guys to do the job anymore, or is it usually that guys cant do the job because of injury. Are there a lot more older guys over at DN, like guys in their late 40's and early 50's still deploying and doing the job just like 30 something's, ive seen pictures of CAG guys that are all grey and look like theyre at least 55. Also is there a rank where your taken out of a combat role, I know Ive heard of senior chiefs in a combat role but is that common

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Depends on the individual. You don't see a lot of older operators in the vanilla Teams because as you get more senior you generally either move into a desk role or on to DN. There's no reason a 45-50 y/o couldn't do the job, but some of the more rigorous stuff might be a serious challenge for them. There are 20 y/o's that can't hang too though. I'd say that without serious hormone therapy, mid 40's is where the downhill slope starts to get steep.

You generally get to do one Platoon Chief role, then after that its desk or SEA stuff for the rest of your

career. It's about the O3 rank for O's, a Platoon OIC and then you're not really operating anymore.

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How long usually until enlisted guys are put in a desk job, like how many years in platoons? Do DN guys ever get put in a desk job because of being too senior or do they take them out of an operational role because their body cant handle the load anymore?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's usually because of the seniority issue. The guys in charge, way up, have decided on the ideal career path for the standard mod 1 mark 0 enlisted SEAL. You do two platoons, then a tradet or other non-operational spot, then you go do another platoon as an LPO, then you make Chief, and you do your Platoon Chief role. So it's about an 9-14 year run before you're looking at being a second Platoon Chief and facing a desk. You can stretch that out, and be a 14 year SO1 but I think you have to make rank or get out at that point. I've seen plenty of guys in operational roles who couldn't hang physically.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

How many years in the Teams does it usually take for a guy to successfully screen for DN? I know you said its largely experience but how many years are we talking?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

This may be a stupid question but why does surf torture suck so much? Is it not knowing when to breathe, being cold, the amount of time they keep you there or the chance of there being sewage in the water? Imagining it obviously is nothing like the real thing but it just seems like a nuisance in my head and less like an active suck fest. What did you/your friends hate most about it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Cold. It's so cold. All that other stuff too, but mostly the cold.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Every think of it as hydrotherapy to help your aching muscles? I'm wondering if that would be a beneficial outlook to have-instead of thinking of it as 'torture', think of it as a tool to help your body recover

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Yeah...and CS gas is aromatherapy for clogged sinuses.

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[\[-\] Nidkid](#) 1 point 1 year ago

Ha I was thinking that too, like an ice bath to help recovery. Idk if you wanna be the guy to tell a bunch of miserable candidates that it's good for them though lol

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[\[-\] fishandwildlife](#) 1 point 1 year ago

What's your take on why some guys have it vs. most do not when it comes to making it through the training? Do you recall anything in particular prior to going in that made you think you "had it"?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That's the million dollar question. If I could pick guys who had it we could save a lot of time and money. All I knew going in was that I wanted it.

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[\[-\] Eightwolf](#) 1 point 1 year ago

Do you have any tips on increasing pull-ups? I've been mixing around different variations, not sure if it's a waste of time to be doing parallel and chin-ups along with the regular.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Anything that works the lats will help. I like doing pullup ladders. Do 1++ on the minute until you miss a set, then start over. I also like max pullups per hour, set a goal of 5 per minute for 60 minutes and you'll crank out a quick 300 during an episode of GoT.

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[\[-\] Eightwolf](#) 1 point 1 year ago

Thanks for the tips. I have another question pertaining to the door-way pull up bars v.s. the regular ones. Do you know if the door-way pull up bars correlate with the one during the PST accurately? I'm 6"3, so I'm not sure if the doorway is actually too easy and I'm getting a false sense of improvement, or I could replicate a regular one with better form, and how high would the one during the PST be?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

If you're not able to get to a full hang then you're cheating yourself. You need to hit a full dead hang. You can have your heels pulled up, but you can't cross your feet, and you can't bring your knees forward or up.

The PST pullup bars at BUD/S are about 8'. You use a step to get up if you're short.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I usually start at a squat for my door way bar and bring my heels back, then after go down as far as packed shoulders can.

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[\[-\]](#) [guardian44](#) 1 point 1 year ago

I'm not sure if anyone has already asked this but how did you deal with people (whether it be family or within your circle of friends) that asked what you were doing with your life? For example, my immediate family knows exactly what I'm doing but I have a lot of friends who don't and I'm not always sure what to tell them. "I'm training for a triathlon" ? In other words, I don't want my life to be an open book so to speak. Was this ever of any concern to you? and how did you deal with it?

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If you're asking about keeping it generally under wraps that you intend to try out, I think that's a good idea. You're going to be on this journey by yourself, your friends and family will only distract you. If you mean what did I tell people once I was in? My parents would tell family friends and people at church, but they knew not to go into details, and I never really gave them that many. I'd mostly talk about other things besides the specifics of work. A lot of guys end up being very self-deprecating to put people at ease. Always have a cover story for strangers and women. It's just easier.

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How much of the job is gun work vs hiding out gathering intel vs doing fun athletic ninja stuff (vs being stored away in a ship indefinitely)?

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Fun athletic ninja stuff is about 0%. Most of the job is preparation and training. If you're DN, then you might be on a gun 30% of the time. They have a much more intense operation schedule than vanilla Teams, which aren't doing a whole lot right now, think VSO, or sitting around waiting to be attacked. SR is a small part of it, but they don't happen all that often anymore due to the ease of remote intel capture, not to mention its cheaper and easier to get a local asset than insert a SEAL element. Your odds of sitting on a ship are pretty low though, thankfully. You'll usually be deployed via C17 or equivalent.

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So you're flown into deployments, which last around 6 months? And in between you're usually just on base/at home? What's VSO stand for?

Is it hard for team guys to have their own apartments? Do you usually stay in barracks in between deployments? I assume having a pet is usually out of the question too.

Where do you expect the most attention/deployments from vanilla teams for the next 5 years? Is it true that TG's spend like 11 months out of the year on deployment? If the war's over what sort of work are new guys going to do? Security details? Military presence?

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The ideal is that a Platoon forms up. You spend 6 months doing Professional Development (i.e. schools) and then everyone comes back together and the Platoon starts its workup. 6 months of workup, then you deploy. Then rinse and repeat. The reality is always different. Prodev often overlaps workup, and guys who aren't seen as essential or who the headshd don't feel need to do portions of the workup, can go do schools. Deployments get pushed forwards and backwards, so Platoons do 4 month or 3 month workups, and sometimes they sit around post workup for months. Guys get farmed out to other Platoons deploying, etc. If things are going gangbusters and there's a lot of work to be done, i.e. '03-'07 then you can hop around getting stuff done. When there isn't a lot of work, and everyone is competing for deployments, and a little piece of the schools budget, then you might find yourself with more downtime than you know what to do with. Often, schools are a few days to a few weeks, so when you're not at a school, or doing an intense portion of a workup, you're just going in to base, doing a workout, maybe an inventory and some gear prep, and then cutting out. If you have a good Platoon headshd they'll give you free reign to do your work on your own time and you could have weeks off.

Village Security Ops, setting up in a village and patrolling the area. Vietnam era tactics. Usually makes for an incredibly boring deployment.

Not at all. Very few guys live in base housing. Usually guys with big families where it makes financial sense. A lot of guys have girlfriends/wives/both/ and pets. You can have a pretty normal life. Most guys would probably complain that their lives are too normal.

I have no idea. I don't see the political will for a good mission set. I foresee that thing are going to fall back into the familiar prewar routine, deploying to an AO for presence (meaning you're there in case something happens, but mostly sitting on your thumbs).

If you include time on the road at schools, and training at offsite locations, like in another state, then yeah, if you're lucky you could be gone 11 months of the year back in the day. Just before I got out they enacted a new policy that limited your TAD (time away from your home base) to something like 280 days every 2 years. Something like that. The high brass is interpreting the mass exodus of TG's as a result of guys "burning out" and so they're trying to limit the amount you can work even more. I know of no greater example of the disconnect between the guys with offices in the Pentagon, and the war fighters themselves, than this stupid policy. All TG's want to do is meaningful or fun work. Nothing is more depressing than being told you can't go do something, and this policy is just another reason guys won't be allowed to do things.

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[–] [Nidkid](#) 1 point 1 year ago

Wow. Again, thanks so much for taking the time to do this. Understanding what's behind the curtain makes this whole process seem so much more down to earth.

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You know the saying....make your idols your rivals.

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[–] [Nidkid](#) 1 point 1 year ago

Hahah I like that. Never heard it before but i can definitely relate. Anytime I get cocky about something I'm like "yeah but Kanye West (Michael Phelps, those guys that score higher than me on the PST, Anyone with over 20 dollars in their bank account..)"

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Damn that bummed me out, 280 days every 2 years is pretty fucked up, I think a lot of us that are going in soon were looking forward to working at a pretty high pace and at least travelling a lot, there's guys that work behind desks that travel more than that.

On these deployments to the Philippines and other places were you guys doing any FID type stuff, working with and training other foreign "spec ops" units.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Sometimes it's FID but mostly it's JCET type work...so to clarify, generally speaking FID is teaching locals how to shoot, JCET is conducting training and exercises with other units that have rough parity, so allied nations have better interoperability. Thankfully the SEAL FID mission is pretty small but there are those people working to grow it.

A friend of mine was telling me his last PI deployment was so boring he tried to convince his command to stick a gps up his ass and send him out to the bars night after night alone until he got kidnapped by Abu Syyaf. Then the Platoon could track him to their base and waste them.

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[–] [Nidkid](#) 1 point 1 year ago

Also, 280 days for 2 years? That's a third of the year?? Does that include schools?? What do they expect people to do with the rest of their time? So theoretically I could go on a deployment and then spend 5 times that at home? Plenty of time to take up oly lifting I guess hah. And I thought I'd have to give up all my introverted hobbies..! That's honestly pretty ludicrous though. What do you think is going to happen long term if special ops are castrated by policies like this?

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It included any time spent TAD or deployed, as I recall. They don't care what you do with the rest of your time, as long as it doesn't involve an ARI. And yeah, that's what guys do, lift big, work on their cars, surf, whatever. One of the things they're trying to do is make as much training local as possible. If you're stationed in San Diego, but the school is in Mississippi, then they have to pay you extra to attend; per diem and what not. But if they move the training to a spot an hour or two from San Diego, and make you drive back and forth every day, they don't have to pay you anything extra, and they don't have to worry about transportation cost. One of the big perks (O'BP!!) of going away to schools was making extra money. You spend time away from friends and family but you put cash in the bank. Now it'll be time away but no cash.

Long term, I think the TEAMS are heading to a dark place. There will be enough dedicated and talented guys with experience hanging around, keeping the brotherhood alive, but it's not going to be happy times.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago*

Thank you for doing this, still very impress you're answering questions this long after.

1.) You mention that specialty schools are difficult to get into, is there a strong chance that you can make it through your 6 year commitment without having a chance to do any specialty schools?

2.) Do other SF groups have similar issues to what you've experienced? Would you rather have tried one of those? (i.e. Rangers/GB and shoot for CAG)

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Never out of the fight.

1) That would be extremely unusual. It's more akin to getting accepted into Uni with a 3.85 GPA. You're going to get accepted some places, but you might not get Ivy League. The big 3 schools are Sniper, Breacher, and JTAC, but there are a lot of other ones that you'll be more likely to get as a new guy. A good friend of mine failed out of 18D, did a JCET, and then a deployment and then Sniper, JTAC, and something else all in a row before I got Comms. Luck of the draw and timing.

2) Definitely. It seemed to me that in general, SEALs could go to anybody's course, but not everyone could come to ours, so I would imagine that it's as bad or worse for the other Operators. No. I hate the Army, even more than the Navy, and would never trade my bird for any other unit pin.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Reading TG memoirs they all have this focus on how they lived a life of "service". But I don't get it. Why is it important to serve the "nation", "common good", "public" or whatever. These people brush their teeth with diet coke and listen to Taylor Swift. What kinship or relevance could they possibly have to even your most average TG? Apart from a narcissistic Randian omega male kind of way like "I am atlas holding the backbone of society together through the weight of my actions" I guess but even then. Like you guys do more push ups in an day than some people do in a life time. Why would serving the public even be on the mind? Hell I would assume a lot of guys sign up for the teams

in order to avoid having to deal with the general public. Obviously most TG's actions are good for the nation because that's who hired you but like your average American dude is a slightly misogynistic zombie who lacks motivation and leeches his circumstances. Special OPs guys are supposed to be the pinnacle of surpassing their circumstances through motivation. I can understand fully wanting to be an asset to your team mates and family but the nation at large is so dumb it's literally scary. How can people so elite want anything to do with that?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

To play devil's advocate, if I were to write a book, I'm sure the publisher would want me to play up the American hero public service part of it because that's an expectation in [America](#). Most TG's I know are firmly in the camp of the author of that article. We feel weird about being thanked and we didn't do anything we did for "America", maybe for our friends and families, and maybe for an internal morality compass which says that people who kill women and children [gots to go](#).

Personally, I always thought that single TG's should've been given cages to sleep in, and generally not released out into the public, like a reverse prison designed to keep the public away from us. Supply us with enough game to hunt and let us be free.

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[–] [Nidkid](#) 1 point 1 year ago*

Hunger Games SEAL style >:]

Also

<https://m.youtube.com/watch?v=B3IsJmwNO40>

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[–] [crazy8ball17](#) 1 point 1 year ago

Do most of the guys at DN just hang around Virginia until they are called for an op then they go wherever or are they mostly deployed in various hotspots?

How do the instructors make life more miserable for summer BUD/S classes? It's not going to be as cold so I assume they figure out ways to make the suck equal from winter-summer classes? I've read they dump ice in the pools and whatnot but do they actually use heat instead of cold to psychologically mess with you? Instead of surf torture in the freezing cold winter Pacific, any examples of what they do? Do you think winter classes sometimes had it easier with the runs because the heat could cause horrible exhaustion, especially with the boats on heads?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

I honestly couldn't say. I know they do some wicked cool "training" trips as platoons. I would imagine that when they're not on a trip or deployed they're trying to get schools, or working at base, just like the vanilla Teams.

San Diego is remarkably stable, climate wise, so there isn't a huge variation. Inst have calculated time tables for things like surf torture. You'll usually see the medic down at the water getting a temp measurement before a round of surf torture starts. If it's x degrees they can keep you in for y minutes, etc. So in the summer the sessions are longer. I can't imagine them running you much harder in the summer, just because we had a fairly high number of heat

casualties in the winter. Guy I know clocked in at 108 **after being dunked in the ocean for several minutes** and I watched about a dozen dudes pass out on a run. I think if you do a summer Hell Week, you'll end up doing Kodiak in the winter, and Niland in the summer....whatever, it's all different but the same. Niland in the summer is bad from what I hear.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Can you speak of any similarities/differences of DEVGRU and CAG?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I can't really. I've only picked up things through osmosis from former tier one guys. I'd venture to guess that they're probably more similar than different. I've heard that a lot of the differences are superficial corporate identity type things. I've been told that CAG Operators are more professional and the claim was that this was due to a high rate of selection from Rangers and less auspicious units, so the guys were more humble and worked harder. I've worked with some DN guys and I can't imagine how anyone could be more professional than them. It was shocking how night and day they were to the vanilla Teams. Pure business. Everyone knew their job. The difference between T1 and everyone else is that extra level of selection and the ability to send someone home immediately when they fuck up.... Story time:

Guy I know was going through Green Team, class was doing door breaches with a shotgun. Lots of door mockups in a row set up on a range, where you can approach, blast the breaching points and go to the next one. I think it was a speed drill. A guy in his class AD's into the ground or frame or something (reportedly a fairly minor mistake). They stopped the drill, sent him to the waiting vehicle and drove him to the airport. He asked to grab his kit, which was in the building 50m away and they told him they'd ship it to him. That's the level of precision and flawlessness they expect. I've also heard from an old DNMC, that the General in charge of the unit would page guys at 2am on a Sat or Sun sometimes, and if you didn't get to the range in time and pass all the shooting standards test, you were cut. I'm sure CAG is the same way. Most of what people think about SEALs and Green Berets and Rangers is a result of those two units. They're as close to the hollywood version as you'll get, but they're still not hollywood. They're just incredibly focused and professional individuals who worked their asses off to be the best.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Wow. Thank you for the lengthy post. Very interesting. I have another question. What would you say sets DEV apart from the other teams? I hear DEV specializes in counter-terrorism but is this really the only big thing that sets them apart?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Everyone specializes in 'counter-terrorism' now, even the Marines. What sets DN apart is a bigger budget, more rigorous selection process, and higher level of importance. Those three things result in a much more professional, more capable, unit than the vanilla Teams. How that plays out real world is DN gets assets. When a regular TU or Platoon goes out on a DA, they have to get what's available in terms of air support, QRF, etc.

When DN goes, they get whatever they want. Their mission becomes "The Mission". I can't emphasize enough how big of a difference that level of DOD support makes. DN had to secure their dumpsters because vanilla TG's were dumpster diving for the body armor and kit that DN guys threw away.

- Vanilla Teams = "all we have left is white 1 inch, and we have no budget to buy more, so spray paint it cammo I guess."
- DN = "You might need (insert crazy fantasy here)? Ok, here's two in case one breaks."

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Wow. I assume regular teams already have a decent budget so DEVGRU's must be massive. Do you know any figures for how many bullets are used in training for regular vs. DEV? Thanks for answering my questions by the way. I'm still just training for BUD/S but I'm getting ahead of myself thinking about wanting to be in DEV down the road and I'm not even a SEAL yet. Imao Then again, if you're not going all the way, why go at all, right? Thanks again.

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CAG has a monument in their atrium, a 1m x 1m plexiglass column that's goes floor to ceiling filled with brass. It represents the 50,000+ rounds that a CAG operator will expend in a year. Vanilla Teams, my guess would be closer to 5,000 on average.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Seriously only 5000? On a 5 day-a-week schedule that would average to 19 bullets a day for vanilla teams. How often did you guys practice marksmanship? I would have assumed 50k was normal for vanilla but wow.

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You shoot in packages. You'll get maybe 30k rounds for your Platoon for a 5 week land warfare package, and maybe 7k rounds for a 5 day range package. You'll only do a few of those a year. You don't really have range access all the time, and you definitely don't have an endless supply of ammo to use if you did. Often we share ranges with the Army and Marines, and we have to schedule time, like reserving a basketball court at the Rec center.

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I just read in Dalton Furys book that he took speed pills while in Afghanistan, then it made me remember that Ive heard other guys talk about that so I did a little research and came across something people are calling "go pills" some websites are saying its Provigil some are saying its Dextroamphetamine. Do you have any experience with it, like have

you ever been given it, and do you know what they're specifically giving guys to stay awake.

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It's dex. I haven't taken it, but we covered it at 18D. It's not exactly something the DOD wants to broadcast but pilots have been using the stuff for years. They've been giving warfighters methamphetamine variants since WWII. What they told us about the latest gen that the tier one guys have available is that they keep you at nearly %100 for 36 hours or so, then you take a normal 8 hour sleep, and you're good to get back on them for another 36 hours straight, and that they haven't had to limit anyone's usage because of side affects. They told us to watch out for guys in the later stages of a dose as they can get very tired very fast, i.e., guys driving off the road all of a sudden. Basically it's badass time released meth that let's you operate for extended periods of time with almost no side affects. But they'll throw your ass in prison if you take your little bros adderall to cram for a test....

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Interesting, did they say how long you can have a guy sleep 8 out of every 48 hours without developing a physical addiction, or are guys on this stuff for entire deployments, is there a withdrawal? Man that shits pretty crazy I did a double take when I read that, I thought the CAG guys were a bunch of psychos, sneaking meth into Afg.

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I remember them saying it was basically side affect free so it could be used indefinitely. The only danger was that it's psychologically (not pharmacologically) habit forming, meaning it's so awesome you don't want to stop using it.

Remember kids, it's drugs if you do it on your own, it's medicine if the government sanctions it.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

What would you tell someone who is 27, has a degree from a good school, and a good job making solid money but who wants to enlist and make a career in the Teams and maybe get to DN (if age permits and if possible)? Would it be worth it at this stage in my life to enlist and deal with all the BS you've talked about when I have a good, but incredibly unfulfilling job? And there's always the possibility I could end up in the fleet until I'm in my mid-30s which would suck

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

My take, and the advice I've been giving for a few years now is that the Teams are a great place to go if you got few other options, and if you're young and want to go to man school before you can legally drink and maybe get to DN early. If you're mid to late 20's and you have prospects, which it sounds like you do, I'd advise against it. Forget about the mythos and glamor and imagine if I offered you a job that required a 6 year contract, with no early out clause, and payed about 45k, and could be located in one or more of 6 spots around the country. How would that sound? Most

TG's I know are of the opinion that the key to a good and happy life is to make money so you can do the things you love. Your job may be unfulfilling, but you got your freedom. Imagine being payed less, being equally unfulfilled, and having vastly reduced personal liberty, like "hey, can I attend my wedding this weekend?" "No" kind of reduced liberty.

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If you knew a friend who was late 20's and making good money and he never went to college and he wanted to quit his job to go get a liberal arts degree, wouldn't you tell him he was being an idiot? If you want to be fulfilled, make your own challenges. If you're looking for eudaimonia, you get it by accomplishing things you didn't think you could and working hard on things that are worthwhile to you. I've got this great dream to democratize the sort of eudaimonia that comes from military training, to bring challenge and hardship and focus and fraternity back into the lives of modern men. The government shouldn't have a monopoly on that.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Like Mark Divine with SEALFit?

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No. Running people through a kind of sort of mock 1st phase/ PT fitness bootcamp is not what I had in mind. I was thinking more PMC meets local militia meets the Masons. You ever heard of the Barkley? Hard shit doesn't necessarily require money or equipment, and this wouldn't be about getting in shape. Being in shape is a basic requisite that is your own responsibility. You don't know how to climb a mountain? I get that, I can teach you. You can't run a 6min mile or do a dozen pullups? That's on you and your discipline. I can't teach that. Also, unless what you want is to achieve some goal in sport or athletics, working out is just a means to an end. You feel better but you don't get fulfillment from crushing weights. Even Arnold retired by 28.

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I googled the Barkley, the ultra marathon one? & the militia idea sounds badass. Could you do like a sub PMC that focuses on aiding the national guard and coast guard and other infranational organizations?

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Yup, the Barkley 100. I think we need old school militias to keep an eye on the police state we're turning into. The PMC part of it would just be in terms of training. PMC's often have their own facilities, and even contract out training for the government. There are already decent odds that a private citizen is teaching the armed forces how to do house runs and shooting drills. What we need is private citizens teaching other private citizens. Not everything, mind you, Curly, Moe, and Larry don't need to know demo. But defensive marksmanship and proper weapons manipulation, as well as basic man skills, like how to make a fire, and navigate without your cell phone. We got too many

Chris McCandless out there and not enough Bear Grylls. Enthusiastic amateurs don't help situations.

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[–] [crazy8ball17](#) 1 point 1 year ago

Thank you for the incredibly genuine and authentic advice. I don't know man, I just would like to do something that's seemingly way bigger than myself. I've had an incredibly 'easy' life up to this point, never really pushing my boundaries or seeing all that I could accomplish and I don't want to die without knowing how far I could actually take myself. I'm not sure if SEALs are the answer but it seemed to fit my personal ideology of selflessness and sacrifice. Honestly money's never been that important to me-I could buy a house right now but am living in a 1-bedroom apartment and most of my money is spent on food lol. I don't have a wife, kids, significant other, so moving around is not something that would deter me in the slightest since I'm not tied down in any way

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Go for it then. I'd suggest getting started ASAP. Don't drop anything in your current life until the day you ship out, then get back to it as soon as you can, probably sometime post draeger hell week. Spend as much time in the Navy getting the Navy to work for you as you can. Everyone well tell you about college and GI bill, but there are a dozen other programs out there and you got to seek them out. Keep up with business colleagues, they'll be your recommendations when you get back to the real world, if you go that route. I hate to say it, but you got to be as selfish as you can be when it comes to the military. You can do anything and everything for a brother, but remember that just because a guy wears a bird doesn't make him your brother.

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[–] [crazy8ball17](#) 1 point 1 year ago

Thanks a lot dude, I'm just slightly concerned that if shit doesn't work out for some way or another I'll be stuck in the damn fleet for 6 years. Oh well that's the risk you take when you sign up for this

I was reading an account from a DOR and I don't know if its applicable to your 'you've gotta be as selfish as possible' sentiment but he was saying to not even care about your BUD/S classmates until after HW since most of them won't make it anyways. He went on to say that you shouldn't risk getting hurt/shouldering more than your fair share of the load for someone who most likely wouldn't do the same for you. And you shouldn't put yourself in jeopardy for injury trying to help someone else. His main point was 'don't be a team player' until after HW because it's not worth it to potentially sacrifice your dream that you've worked so hard for to help someone achieve theirs. You've gotta look out for yourself and yourself only for the majority of First Phase

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

He's sort of right. You don't break yourself for a shitbag who's not carrying his own weight. You kill yourself for your boat crew though. You ought to be fighting for the 2 spot. If you put out, you'll be with the other guys who put out, and the dead weight will fall by the wayside. Guys who put themselves before their boat crew got no business being there, and they stand out, and tend to go away. The most

obvious form of that is boat ducking. God fucking help you if you're a boat ducker. No one should ask the man next to him to carry his share and yours, but you can damn well expect him to carry his share, and murder him if he doesn't. You have my permission.

That is the risk. I can tell you that having that threat looming over you can really bring out the best in you. Running through the pain for the last 2 miles will seem like a joy when you see those big grey ships floating out in the Pacific.

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[-] [HoleInTheAir](#) 1 point 1 year ago*

Dude, I'm in the exact same boat as you, though I'm 22. I know how you feel, and have the same concerns. I'm starting to come around to the realization I'd rather try and find it wasn't a perfect fit, than just die wondering.

And as much as BUD/S does/will suck, I'd rather get paid for being there than what I'm doing at this exact moment. Nobody ever remembers the easy, boring times in their life.

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[-] [JogaMimFora](#) 1 point 1 year ago

I've read that some people who don't make it through BUD/S just go home. Some are sent to wherever the Navy wants them to go. Officers on the other hand, have a lesser fate as The Navy has invested some more time and effort into them. The Navy is supposedly downsizing so the idea of just being sent home is not impossible (*Breaking BUD/S* Mark Owens).

Then on the other hand, if you do get sent to a ship and you *really* want to get off of it or even the military, you can get out by "failure to adapt." So that means being ill, psychological trauma, and etc. You can do this during bootcamp. You can do this if if you make it through bootcamp and get on a ship. Although I wouldn't believe someone that came from BUD/S couldn't adapt to the interior of a warship...who am I to qualify that (My friend Ryan who is ex-Navy)?

On the other hand I don't think these are the greatest things to actively have in mind, as I suspect they'll make you commit less to the prospect of passing BUD/S or reduce your "fear" of being sent elsewhere for some eight years of your life.

By the way, I'm in a similar boat as you. Albeit I don't have a job but could very well get a stable, well paying, and bleak managerial position.

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[-] [JogaMimFora](#) 1 point 1 year ago

In addition this information isn't told freely unless asked for... I remember during MEPS I was panicking because they were having me sign an Avionics contract and I didn't quite understand the SO contract, DEP pool, and draft situation. Of course I went on to believe that I was dutifully and officially sworn in.

A farce on the one hand... and knowing so is potentially dangerous for your training on the other (no commitment).

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[-] [Nidkid](#) 1 point 1 year ago

What kind of food quality did you have available to you at BUD/S? Did you atleast have access to whole grains and

fruits? Had they built the second, closer cafeteria when you went? What kind of pressure would the instructors rain down at meal time?

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

He told me that they had pretty good quality food, but that your given about 10mins to eat so you gotta put down as much as possible quickly

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We had the old one. Food quality was pretty standard navy chow. You always had a couple a mains, vegetables, sides, and some fresh fruit, like apples, pears, or oranges. Nothing fancy, but basic, and fairly nutritious. Meal time was pretty chill. Often, if there's any pressure, it's due to the class schedule. So for instance, you might get to the chow hall, and the class leader will yell out something like, "only got 12 minutes, no drinks today." (it adds 10 seconds to every person going through the line when they stop at the end and fill their cups) and everyone would race through and shovel. You almost always felt pressed for time.

The deal used to be weekends,if you got up in time, the chow hall would do as many eggs as you wanted in whatever style you wanted at an omelet bar. 8 eggs over easy and a pile of toast and bacon, plus some raisin bran and fruit and a couple big ass glasses of 2%. For like \$2.40. Totes the deal.

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[\[-\]](#) [KommandCBZhi](#) 1 point 1 year ago

As a SEAL, were you required to learn a foreign language? If not, approximately what percentage of SEALs speak a second language?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Luckily I went through the pipeline before they incorporated language school. Now days, and we'll see if this continues because there's a lot of criticism, guys do anywhere from 4-10 months (something like that) of language school after SQT. Maybe 20% of guys speak a passable second language even with language schools. Lot of focus on middle eastern languages right now, and we're doing it because the green berets are doing it basically, not because it's going to actually be useful.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

1 Is there any chance you might be able to summon up a friend of yours to chime in with their thoughts, perspectives, and experiences?

You are just one source, albeit the most raw and recent to date. While thanks to you we are fortunate enough to know more than the average candidate at this point, I'd be interested to see a different viewpoint.

2 What expectations did you have coming into the SEALs?

3 You were in during the Iraq War. Any idea as to why you didn't deploy?

4 What's happening now, isn't it on par with pre- and post-Desert Storm, pre- and post-Panama, pre- and post-Vietnam, pre-Afghanistan, and pre-Iraq; any point in time where no huge outstanding conflicts were occurring (Panama was rather small but you get the gist).

5 Isn't it natural for there to be some type of shift/contraction when the *need* for not only SEALs, but just about any unit dies down and stays in a maintenance sort of phase until the next conflict?

6 Assume ISIS grows huge and five years from now they actually provoke America and what you have of the U.N. Wouldn't this spark that need again and then you have the reliving of the "good times"?

You said that there were SEALs leaving...but when 9/11 happened - BOOM they came back. Maybe they were leaving a situation not so different from the one you did. 9/11 just happened to happen. Also not to mention the signing bonuses...

If you go in with the expectation of glory at this point, it just seems to me you're setting yourself up for disappointment until a next conflict arises to which even then you might not even deploy.

*I was messing with --- and it made lines and blue font. I'm so proud of myself.

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I sent the link to the thread to a couple buddies. Most guys are much more busy than I am. I'll keep floating the idea though.

I expected that if I made it, I would immediately deploy, very likely skipping a workup and getting direct OTJ training. This was reenforced by just about everybody throughout the pipeline up until near the end of SQT when it started looking like it was slowing down. By the end of 18D we were hearing that the West Coast wasn't deploying to OEF/OIF anymore at all, and that your odds were slim of having a real combat deployment out of the EC unless you were at DN. Guys were saying most of the work overseas was sitting around work. By the time I got to a Platoon our national priorities had changed, and all the talk was on draw downs and troop removal.

Obviously I didn't experience those events so I can't say for sure. I'm not saying that what's happening couldn't have been predicted, or that there won't be an upswing in the future. The Teams are experiencing the same thing that the rest of the DOD experiences. Boom, bust cycles depending on geoconflict. The difference is that it's not a big deal to mothball your F18's. It's another thing entirely to lose the talent and brain trust of individuals. A lot of our current issues in the middle east are directly traceable to a policy shift in the 1970's, brought about by Carter and his administration. We made a major shift into technological methods of security and surveillance and we gutted our humint capabilities and networks. The same thing is happening today. There are kids living in villages in the middle east that are going to grow up hating the U.S. and wanting nothing more than its destruction because they're growing

up with fucking Drones flying overhead. Remember what we as a nation did over some tea taxes? Imagine Britain flying drones overhead 24/7, dropping missiles on your town day and night. How are we even half way OK with this as a country. Look, we're finally having a discussion about the insane state of our police force in America. As bad as it is having SWAT burst in at 4am and pulling everyone out of their beds, imagine how much worse it would be if they just sat in a control center and fired a missile from a drone on the house? SEALs are like global SWAT (except we know what we're doing and actually train). SEALs should be busy out there dismembering organizations which promote violence. ISIS is a great example. Yazidi women held captive by ISIS? Great send us in. Canadian tourist held captive by Filipino terrorist? Awesome, let's go get them. Couple hundred people currently being held for ransom by various pirate groups in Somalia? Yup, we can get to work on that. But all of these efforts require political will, and our current pansy ass politicians know that it's much easier to send their press secretaries out to explain a collateral damage death from a drone strike ("hey, they were in the same house as a known terrorist, we have credible intelligence that we can't share that they were probably bad as well"), than to explain 12 SEALs dying on a failed raid.

SEALs were leaving at the normal rate and for the normal reasons before 9/11. Guys would get bored and move on, or families got in the way, or whatever. Then 9/11 happened and they wanted a piece. The difference now is that a lot of the guys who are leaving got in specifically for the fight. The fight really isn't over either. We can pretend that 9/11 was about 2 countries but anyone with half a brain knows that Afghanistan and Iraq are minor minor pieces in a clash of civilizations. SEALs are still very much needed to find and kill the hundreds or thousands of guys out there that won't play nice with others. It's a sad state of affairs when guys are getting out to do contract work because they'll make better money and be better utilized.

It was never about glory. I joined expecting to go kill men who needed to be killed. I never wanted fame or recognition. If I had died doing it my will stated that my body be burned and the remainder of my SGLI not set aside for my family, be used to throw my Platoon a party. Imagine going through med school and never treating a patient. There is some understanding that you're doing all that work, not for personal glory, not to tell people, "That's Dr. so and so to you." but so that you can make a living treating people. Joining the SEALs in a time of war is pretty much analogous. 80% of the guys I knew were just there to make a living 'treating' people. Maybe 20% were there because they got lost on their way to college, or because they wanted to show up their fathers, or because they thought it'd look good when they run for Senate. Those are the kinds of guys who generally joined prewar. Those are going to be the guys left when all the Operators who joined to operate have gotten out because no one is operating. I've witnessed this first hand. The guys with 6 deployments and a ton of real world knowledge get out, and the guy with 0 deployments, who drives his mom's Porsche and tells everyone he's a SEAL when he gets drunk at the bar, is still in teaching the next generation. Everyone in the Platoon I joined got out except 1. The majority of the guys in the next are getting out now and the guys who aren't are the ones that were frankly the worst operators. There are the exceptions. Odds are your instructors in BUD/S will still be rock solid guys. But there is a serious talent drain.

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[\[-\]](#) [JogaMimFora](#) 2 points 1 year ago*

It's a bummer man. It just seems so wasteful that 1. dudes like you aren't being put to good use and 2. truly innocent people have died and are dying when they didn't have to and shouldn't have to all in the name of self-importance, bureaucracy, and/or tradition. I mean check out shit like Darfur or even Vietnam- surely there was intervention or prevention possible. I recall reading that Vietnam sought the US's help in independence from the French but Woodrow Wilson told Ho Chi Minh to fuck off, resulting in Ho Chi Minh's turn to the USSR. I mean what

would have happened if Wilson actually stopped jacking off to how he'd be remembered for the League of Nations, sat and talked with the dude for like ten minutes?

Like I can see how resentment could bottle up so fast when innocents are getting killed while you, being trained as a professional killer for the "world's police", aren't being sent out but rather have to undergo sexual harassment training. Or rather being replaced by drones. Meanwhile, *"Hundreds of Yazidis starve to death..."*, *"_____ reaches a new death toll. It has been called the world's largest massacre since 194x"*, *"Israel begins construction on its biggest settlement in the West Bank to date."*

Like yeah, some SEALs may die. But isn't that what your job is? To accept death's potential to deal or prevent it?

It just seems like there's so much time commitment yet so little one can do.

This whole AMA has made me question and refine my own motives. As bad as things seem I feel like there's always some hope left. Like surely there's still some old or young badass dude chipping his way into changing things. But sometimes I've been one to be in denial about a situation.

Sometimes I'm sitting there thinking,

is it still worth it.

Yeah, reading Dick Couch's The Finishing School about SQT gave me a training boner, but then all I see is just bullshit about doing nothing all day and not being able to do anything about it. Oh and the low testosterone and poor home relationships.

Do I just quit now before I get a ship date?

But the whole game is to not quit.

But then I read about how shitty the reality is.

Couldn't I be the change I want to see?

I guess the phrase "earn your trident every day" only applies to DN.

Fuck, more hard decisions.

I surely ain't the only one thinking this.

Here I am. I'm in this cause I love the challenge, people, keeping my mind fresh with new things, and the adrenaline from pushing myself. Future-wise it's being around and working with some awesome dudes and having an awesome skillset. Seriously, just being in a team that works together and excels is fucking amazing. I'd gladly work in some shitty teams just to taste it. It's been hardly a year since I was able to barely swim a length freestyle in the 4' deep lane without stopping mid way to either catch my breath or stop panicking. Now I'm just blasting through like a mile every other day. I know you can get these forms of self-fulfillment elsewhere like in your community, doing marathons/triathons/Iron Mans, or creating your own business. But it just seems like SEALs presents it in such a nice convenient package, albeit it's got government/Navy bloatware. I suppose the real challenge would be to create this without the SEAL crutch of being a group of like-minded elite warriors licensed to kill who have endured mutual suffering via BUD/S.

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

You pretty much nailed it. The best thing about the Teams is the guys. The second best thing is the neatly tied package of man school.

The worst thing is working for the federal gov. The second worst is working for the federal gov.

Trust me, if I had the backing of a wealthy benefactor, I'd have a civilian BUD/S up and running in a week. Pretty much my dream. Prince kind of did it but he sold out. Not that he could be blamed when presented with a few billion in govnt contracts.

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[–] [Nidkid](#) 1 point 1 year ago

Real talk, what's your thoughts on Israel?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

We have a judeo/christian issue we need to deal with in our country. Israel gets special treatment in no small part because a large number of christian politicians are all too willing to offer support for campaign contributions to a country that is seen as basically inline with our spiritual and moral values. Don't get me wrong, I think Israel probably has as much right to defend themselves as anybody, and they have style, but they cross the line too, and they should be put in check by the international community just as quickly as ISIS or anyone else.

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[–] [clancy25](#) 1 point 1 year ago

Most of this AMA has been about a lot of things you didn't like about the teams, which is great. I really like the honest you have. But could you highlight the things you really enjoyed while you were in? Any crazy experience where you thought, "this is awesome, I can't believe I get paid to do this".

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

There were definitely a ton of those as well. I guess the issue is that they were almost always expected. Like days on a range just blasting away, and thinking, "this is so awesome, I have the best job ever." but at the end of the day, I expected to be on a range blasting. That's what I signed up for. So again, going back to the medicine thing, you hear a lot about how doctors are having morale problems because so much of the job is other bs besides treating patients and practicing medicine. I'm sure if you asked them the majority would have plenty of stories where they got to do the job they signed up for, and got a lot of pride and joy out of it, but the problem is the ratio of real work to bs.

I can say that throughout almost all of training I felt that way. During some days of land warfare, CQC, and SOUC, I felt that way as well. When a man gives you the keys to a Ryder truck with several thousand pounds of high explosives and says, "We got to blow it all today, so have fun." You can't help but smile.

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Do you think this is a fair assessment of military/SEAL pay? And does that 50 to 60K figure factor in BAH if you have any idea? Thanks, and pay is the last thing that drives me to become a SEAL but I'm just curious.

"And some operators believe the compensation isn't worth it. "A big issue that drives a lot of great guys out of the community is that they aren't getting paid enough," says Webb. The average annual salary for a Navy SEAL with over 12 years of experience is between \$50,000 and \$60,000, though that amount can increase based on hazard pay and re-signing rewards, which serve as only a temporary fix for troops. "Bonus programs don't offer long-term stability," notes Webb.

As a result, he says, "you have a lot of guys getting out at the 10-year mark when they realize their retirement package is not very attractive." Losing operators to retirement at 10 years is a big problem, as a Navy initiative in 2011 stated that keeping experienced sailors in the service for 20 years is necessary to ensure highly functioning special operation units."

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. That's about right. You can have a 100k year if you get a lot of hazard pay and a tax free reenlistment bonus, etc, but your average take home is a lot closer to 50k, especially factoring in the years you'll spend going from an E3-E6/E7, when you make pretty bad pay.

I really believe that the pay issue is overblown by the brass. For guys who sit behind desk and manage everything on spreadsheets, everything is about numbers. For guys out there doing it, it's about a lot more than that. Most guys I know in the Teams would work for free if the job was as advertised. Money comes into play when you're getting treated like shit and you're trying to find factors to justify staying. I know plenty of guys who re-upped for 2 years because of the 30k bonus or re-upped for 4 for 90k who weren't really happy or satisfied with their jobs but just couldn't turn down the safe money.

So again, the issue is that guys aren't getting payed enough for the bullshit. We used to joke all the time about how much better off we'd all have been if we had put half the effort we put into being SEALs into almost anything else. Most of the hard, dangerous and highly skilled jobs in the civilian world come with compensations that reflect that, and of course the option to quit.

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Do SEALs get taxed just like everyone else if they're not deployed to a combat zone. And in theory wouldn't the west coast and east coast teams have different salaries (after taxes) because of California's super high income tax?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, same taxes as everyone else. In the military certain pays aren't taxed, like BAH and special pays, so you'll have a reduced tax liability because of that, and in theory you'll earn more BAH living in Cali than Virginia because of the higher property values. It's pretty shitty though when that 40k bonus finally comes in SQT and you only get between 28-32k of it, after tax. Same with reenlistment bonuses, they used to ship you overseas just before you signed the contract so that your bonus would be tax free, but the DOD is putting the cabosh on that because "hey, %30 discount for us when we take the taxes back from the bonus we give that guy."

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Thanks man, that's what I figured. I'm big into saving and investing, any idea how much disposable income a team guy could have at 2 - 3 years in? I fully fund my Roth IRA now but it would be awesome if I could save a ton for retirement while in.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's all disposable income. At least it can be if you set yourself up right. You won't make much your first 2 years, but with your bonus post SQT, and putting on E5 fairly soon after, you'll make around 40-50k averaged over those 3 years. After that it'll be about 50-60k with tax benefits, special pays, and BAH. If you can bank the majority of BAH then you could be putting almost all of that in savings or investments. I highly recommend that. Don't blow it on booze and eating out. Learn to cook. Drink cheap gin outside the bar. Pinch those pennies and you can leave the military pretty well off. It's sad watching guys trying to transition into the civilian world with \$600 in the bank.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

In Lone Survivor, Marcus said that he couldn't understand why people were quitting during HW- they were going through the same evolutions they went through throughout First Phase (logs, boats on heads, surf torture, drag races, etc) only the intensity was ramped up. Do you find that to be true? Did some guys just get psyched out during HW because its fuckin Hell Week and not realize its the same stuff they've been successfully navigating for the previous few weeks?

If you could guesstimate, what % of guys in the Vanilla Teams would eventually make it to DN in the course of their career? 5%, 10%, 20%?

Would someone who is terrified of snakes have to overcome his fear quickly in this profession?

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[\[-\] Nidkid](#) 1 point 1 year ago

I heard in the 4th night of hell week they throw you in a pit of vipers a la Batman until someone rises looking like <https://pkmohan.files.wordpress.com/2009/11/shiva.jpg> . They immediately go to DEVGRU.

"Out of every one hundred men, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back."

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's all about intensity. That's what separates BUD/S from a nice day at the beach with your friends. Green Berets "successfully do" log PT, but having done their version of log PT, I'd venture that a lot of them wouldn't make it through a Phase log PT. A 1 year old can do a somersault (or in SEAL parlance, a "forward roll, motherfuckas", but try somersaulting continuously for 3 miles. Hell Week isn't a lot of new stuff, it's just longer duration, more intense, and scarier because "Hell Week!".

That's hard to say, I'd guess 15-20%. I've heard that about 30-50% of a green team class will get accepted on average, but I'm really not an authority on this at all. I tried to avoid green team and DN talk. I always thought the best way to get there was to be the best TG I could be and keep my head down, not to seek it out.

Your ability to deal with fear will change. I guarantee it. We did punk an O in 3rd phase who had a serious phobia of snakes. During land nav I cut the head off a rat snake or rattler and stuck the body in his boots while he was drying them. Freaked him out pretty good. I'm sure if he had to crawl through an Indiana Jones style snake pit he could do it though.

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[\[-\]](#) [guardian44](#) 1 point 1 year ago

What was the most creative or memorable 'fuck-fuck' game you guys endured during BUD/S? Occasionally we get beat (I'm sure it's nothing in comparison) during our PT sessions after our PSTs and our instructors make us play fuck-fuck games...sometimes they really suck and I wonder where they get these ideas. A few of us crack up and laugh just thinking about how much thought goes into them from time to time.. Also, got any funny 'hooyah' stories to tell?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'm trying to think of "ha ha" kind of fuck fuck games, but all I can remember are major beatings. This was kind of funny....I'm sure you know that you sleep on top of your bed in 1st Phase. You keep the bed immaculately made and sleep in a sleeping bag. There are 2 bunk beds to a room, 4 people. So anyway, my roomies and I come back to our room after a pretty bad inspection and we find the usual. Beds tossed, clothes everywhere, icecream melted in our microwave and helicoptered around the room. Totally ransacked....except for one bed. It's spotless, hasn't been touched. Anyway, we shrug it off and assume that the Inst saw how well made it was and rewarded the owner by leaving it be. We get to work cleaning up. It takes us a few days but we finally get all the melted icecream out of the nooks and crevices an our clothes repressed and polished, etc. But we can't figure out why our room smells like dip. I mean, we give it the cursory cleaning, the secondary cleaning, the thorough cleaning, the wire brush cleaning. Still smells though. Finally, after like 4 days, we decide it must be in the mattresses or something, so we break down and decide to strip the beds. It turns out, the Instr had pulled the sheets off my buddies bunk, spread 2-3 cans of dip around then perfectly replaced the sheets and made the bed back to 1st phase standards. I don't know why it surprised us that they went to that level of effort, but it did.

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[\[-\]](#) [guardian44](#) 1 point 1 year ago

I just try to keep a positive attitude and laugh at small things during beatings because every time when I think it's miserable I remind myself that this can't be anything in comparison to what you'd get in the pipeline. It just really helps to distract from any discomfort. haha thats a good one with the bed - it amazes me each week just how much dip our instructors/mentors go through. Half a can at a time...the head rush alone makes me sick thinking about it. I've only read about a few major beatings before... mainly the ones described in the book Breaking BUD/S... which sounds pretty horrific. On another note, I don't know if you've read that book or not, but my gut tells me there's something 'off' about it. I could be reading too much into it, but I feel as if the author gave a few tips that are SO specific that they would actually just fuck us over down there. Hard to explain why, just a feeling.

As far as you're concerned, what would be the biggest 'faux-pas' down there?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Haven't read it. My guess is he wrote it with specifics to have something new to put out there, because everyone knows about the majority of the stuff that comprises BUD/S. If you're going to write a "tell all" BUD/S book you'd have to be very specific. The thing that you're probably picking up is that there is no way to "break BUD/S". There's no magic training regimen that will make evolutions seem easy. There's no tricks that can get you through surf torture. BUD/S is about one thing, and it's been meticulously honed to do that one thing very well. Breaking you. You will break at BUD/S. You will go outside your comfort zone. You will lose control of the situation. Most people don't quit because it's uncomfortable. They quit because they can't handle the wheels coming off.

You ever have just like a really really bad day? You wake up and it's Friday and you're excited because you did all your homework and you're going to go crush this school day and then you got a date with the hot cheerleader tonight. But instead you realize you've overslept, you have to skip breakfast, you take a shortcut on the way to school and get mugged, you shit your pants during the mugging, you see the cheerleader in the school nurses office getting checked for syphilis, the guy who mugged stole your backpack so you fail all your assignments. You get the idea. **BUD/S is a bad day**. You know it's going to be a bad day, and it's still going to be worse.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Biggest faux-pas is acting in any way like you're already a SEAL. We had a guy who had bought a trident from the NEX and kept it in his sock drawer to motivate himself. They found it during an inspection and beat him till he quit. We had two guys in GL who had made an airsoft video on youtube or something like that, they beat them till they quit. A guy had posted something on a dating profile about training to be a navy SEAL. Beat him till he quit. For most guys, you're not a SEAL till after your 1st platoon.

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haha that's very specific did that actually happen to you? What do you mean by the wheels coming off, do you mean its like the anxiety from the fact that you have no control over the situation is what makes people quit?

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[–] [Nidkid](#) 1 point 1 year ago

So I know you weren't working as frequently as you would have liked but how often did you actually get to be in the field? What percentage of that was combat vs security/sentry work?

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If you're talking about training then like 20% of the time was "in the field". Actual combat, none. Even very active

deployments don't often involve that much combat. Guys will have a handful of dick dragger firefights on a really "great" deployment, and maybe a TIC a few times a month. Again, not speaking from personal experience, but unless you were involved during the height of the war, and in an active region, you mostly just sit around and workout on deployments. Guys go crazy from the boredom, not the stress.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Do all SEALs receive dive pay, jump pay, demo pay, and special duty pay year round?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yup. 50% of your paycheck is those special pays. Otherwise you're on a regular paycheck for your pay grade. You can look up the military pay scales and see how bad they are.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Does it bother you when people name drop SEALs in fitness articles // television and movies?

What's the deal with SEAL Team Two having arctic capabilities? Are there (Have there ever?) legitimately wars being fought in the middle of an icy tundra? Was that a response to Russian threats or something? I take it they just go to the school and come back..? Honestly though when I was first looking into the teams that looked like the coolest (no pun intended) job you could possibly have. Skiing down a glacier in a white ghillie suit with an m16 on your back hahah. Like James Bond or something.

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Not really. It used to but I got over it. I'd prefer it if it was done respectfully and with some accuracy, but if cheesball Michael Bay wants to have them in the Chicago river fighting Transformers, whatever. The Navy whores out the SEALs more than anyone else ever will so we can't complain.

I think that's a bygone AO specialty. As far as I know 2 doesn't maintain any special arctic capability anymore. Everyone does training in Alaska which doesn't really involve James Bond-esque ski fighting.

Our old way of doing business was to divide the world into regional AO's, and then each Team would specialize in that AO. 2 just got the north and specialized in arctic warfare, but we're no longer structured that way. Now we have a totally different way of doing business with Task Units that are in theory universal. We are sort of falling back into the AO model though, especially 8 and 4, which are really still specializing in AfriCom and SouthCom respectively.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did you ever think about or consider the fact that you spent years of your life becoming a SEAL, training as one, and devoting your life to the Teams and everything could all end in an instant by some kid who just got handed an AK earlier in the day, for the first time ever, and he gets off a lucky round?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Of course. The fear wasn't dying with a Chechen's boot knife in my throat, it was always some dillweed getting a pot shot off. No one wants to die for no reason. For the most part, no one wants to die, but if you're going to, and you are, then a warrior's death can be a good one. Better than wasting away from a disease or old age someday. You just want it to serve some purpose though. I held them off, or "I kilt the bear that kilt me" kind of things. Not, friendly fire, or lucky amateur, or tripping an IED. Fuck that shit.

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[–] [mikegymnastics](#) 1 point 1 year ago

How common is it to lie about a disqualifying condition at MEPS? Can you lie at MEPS and come clean later on? (For your secret clearance...?)

I ask because I have psoriasis, and right now it isn't severe at all. The Navy says "Psoriasis with greater than two small patches" is disqualifying. Currently I have none, but previously my psoriasis has "flared" up. I'm afraid I cannot get a waiver if I go to MEPS and admit I have psoriasis. Will MEPS require paperwork documenting how severe my psoriasis is from my civilian doctor, because if they did, I feel like I would be fucked. Can I just lie about Psoriasis and hope it doesn't flare during training? Do you recommend any course of action?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Pretty common. My advice is if there is no record of it, then lie. Once you go with the lie though, that becomes the truth, don't go changing it later on. I'm not a big fan of lying, but in the case of a corrupt bureaucracy like the DOD, you might as well. They're certainly going to lie to you.

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[–] [mikegymnastics](#) 1 point 1 year ago*

There actually IS a record of it.. So I suppose I will have to tell the truth and get a waiver and hopefully they don't ask for my medical records pertaining to the diagnosis..? I have heard that your civilian and medical records do not clash and that they would have no way of knowing I was diagnosed.. thank you so much for taking the time to answer these questions btw, I have read the entire thread, very informative.

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

You're welcome.

I would start by tracking down the Provider that diagnosed you, or at least the facility where you were diagnosed and getting a copy of your medical records to see what they have. Have them sign a non-disclosure agreement which they probably already have. If you make it very unlikely that the Navy will get access to the records then you're probably better off not bringing it up.

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[–] [mikegymnastics](#) 1 point 1 year ago

Right, I'm just nervous that if my psoriasis happens to flare up during BUD/S I will just get kicked out because I lied to MEPS, as opposed to letting them know I have it and possibly getting rolled back until a

flare up heals.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Just tell them it's never happened before, if it's not the kind of condition that you're born with.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Yeah, you think they would believe me, and not check my medical records?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I think they only have access to what you give them, and what you give them should only be what's left a trace like a broken bone or something. I could be wrong but I don't think they have access to everything.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Is there a minimum time served in the vanilla teams before you can apply for DEVGRU? If not what qualifications should one have?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think the way it works is the Team MC has a policy, or they decide it amongst the various Teams, for what the minimum requirements will be for approving packages sent up to DN. At least at my Team, the word was don't bother asking unless you've got 6 years and 2 Platoons. Your Team has to approve your packet. I'm sure that if DN actively sought someone out they would get them regardless of any standing policies.

Besides that, you need to have a good reputation. I can't say what they're looking for at Green, but I've heard there are a lot of wazoo test which may or may not actually have any bearing. I got the impression that they were mostly looking for solid dudes who they thought would fit in, and the sort of 'objective' test weren't as important as the perception they had of you as a person.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

How long were you in for? Didnt you wanna push for Green Team?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I just did one pump and knew that I didn't want to do another. If I had had absolutely nothing going on in my life, I probably would have gotten out, then gotten back in and pushed to go to Green in a few years, but I got more interesting things to do than the Navy now.

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Once you make it to a team after SQT, how often do you deploy and for how long are each deployment? From your guess, what percent of deployments in the teams are to the middle east? What would you say is the next most deployed to location?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You deploy about once every two years. Usually for 6 months. It used to be a majority of deployments were to the middle east, but these days I'm sure it's less than half, maybe less than a quarter. Other than that, guys mostly go to the PI, Africa, Europe, in that order.

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What is PI?

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Philippine Islands

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

If your son told you that he wanted to join the military, specifically to try and become a SEAL, would you try to dissuade him or just give him as much real information as possible (like you're doing in this thread) in order for him to make a more informed decision?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'd try and dissuade him. I'd give him all the facts and my takes on things. I would hope that he'd grow up without any desire to kill, and feel no need to prove himself. My plan would be for him to already have the full skillset package by the time he was 16 anyway. Mars colonist. That's what I'd want him to be....

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

How much easier would you say BUD/S is for a very in shape person versus someone who just met the minimum standards?

On the SEAL website it says that if you get a certain PST score or better you are 3x more likely to make it.

Theoretically, this makes sense to me, everyone is working hard, but if you are in superior shape you won't be working as hard. Any truth to that statistics?

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Yes. It's easier the more ready you are for it. The point is though, BUD/S is not about the physical, it's about the mental. Guys who are in great shape tend to be more disciplined and motivated than guys that are just barely at standards, and those mental traits matter more in BUD/S than run times or pushups. If it was a matter of, the challenge is reduced because I am physically capable of completing it with ease, then I'd tell you BUD/S is a fitness game, but that is just not the case.

I've talked about this a lot on this thread, but BUD/S is not an athletic competition. It's not a race, iron man, tough mudder, or any of those things. BUD/S is what happens when things go to shit. BUD/S isn't training for 2 months and having your best 5k time ever. BUD/S is the Mogadishu Mile. **BUD/S isn't Drago, it's Rocky.**

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

To my understanding, a medic goes through a 6 month course. Is this true? If so at what point in training would they go here and is it on a voluntary basis?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, you volunteer, some get voluntold, but mostly volunteer. It's after SQT, and maybe after language school now that that has been added.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Are there any other post SQT, pre teams, classes people take for a specific skill like being a medic? Can medic's also go to the different combat schools? Like can a medic also be a sniper?

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I can't think of any off the top of my head. 18D and the PJ equivalent are some of the longer courses in the DOD, so you do those before checking into your Team because it cost the Navy less. It also doesn't eat into the Teams schools budget.

Yeah, almost everyone wears multiple hats. That's one of the things that sets us apart from SF, where a guy is an B,C,D, or E.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

If you had to fight (and possibly die) in a battle, would you rather fight in ancient (swords, shields, spears, arrows, etc) or modern times (guns, explosives)? I feel that ancient warfare took way more skill, which you would have plenty if you were a SEAL equivalent, but the possible death could be slow and incredibly painful

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In a lot of ways I'd have rather lived 500 years ago. I'd be a much more valuable person back then. Now I'm the brute that reminds people that death and chaos are always impending. Modern society doesn't like or respect that as much as medieval society did.

As far as combat death, definitely would prefer the modern version. Back when combat was about melee weapons and arrows, death was often a matter of sepsis. I'm going to take issue with the concept that ancient warfare required more skill. I guarantee I could master to a reasonable degree of lethality any armed combat in human history within a week or two of training. If you want to strip down my skillset to just the most basic direct combat (weapons manipulation, moving and shooting, hand to hand), you're still talking about a few months to become proficient. Then add on all the ancillary skillsets of modern warfare, things like JTAC, Comms, Nav, CQC, IADs, Medicine, etc. etc. etc.

The one exception would be feudal Japan. It actually did require years of dedicated study to become a master of bushido. SEALs might be one of the closest modern analogies to Samurai, but in many ways the community falls well short of that ideal. So yeah, I'd rather be a samurai, in a society that respects and has a place for samurai, than a SEAL in a society that marginalizes them.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

I apologize if what I said came across as marginalizing the SEAL skillset in any way. But like you said in response to one of my previous questions, no one wants to get popped by some dillweed or lucky amateur who gets off a lucky shot. I guess in ancient combat you could get hit by an arrow or stabbed in the back, but I feel like skill and ability would come into play more. Maybe not though since it seems like both sides used to just bumrush each other and whoever survived was completely random

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No worries dude. I'm bitching about society in general, not you.

It really depends on what era and where you're talking about. Medieval Europe, skill of an individual soldier is basically insignificant in battle. Ancient Greece, on the other hand, a Spartan's skill mattered, probably more than the commander, because the entire unit worked together and required a high level of individual responsibility. Samurai were probably the pinnacle of this, the individual having the most torque in battle. There are plenty of famous samurai who were legitimately better than their peers, and they won repeatedly, read up on Musashi if you haven't (perfect example of skill determining success in battle)

Now days tactics are a lot more crucial than skills, though they play into each other. Ideally you avoid the battle all together and just murder them in their beds. If you're good at that, the odds of being popped by an amateur are pretty small.

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Say you were given free reign over BUD/S (or actually the selection process for SEALs as a whole) what would you change if anything, would you make BUD/S shorter, longer, more intellectually challenging, etc?

Do you know anything about the history of BUD/S, Ive always heard it used to be much harder, I cant imagine how fucked up it must have been in like the 80's when the instructors could probably get away with anything they wanted,

I actually saw a picture recently of trailers on the beach and the caption said that BUD/S students used to live in the trailers before the barracks were built. Do you know if the standards, overall schedule, and the evolutions have changed at all since BUD/S started?

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There are some nitpicky things I might change, but overall it's a pretty damn fine system. Once you get to a Team you wish that they had done more selection, Green Team style, but you realize too that you just can't do that sort of selection until there's been a maturation phase (i.e. a guys done a couple of Platoons).

I know some of the history, you're immersed in it. BUD/S goes through cycles and the objective difficulty can change a little even class to class, but overall it's been remarkably stable. It's a joke that your BUD/S class was the last hard one. That jokes been around for at least 30 years. I can say that watching the 234 videos after going through BUD/S, I think the pre-9/11 guys had a much much easier go at it. Obviously they didn't video tape everything, but based on specific evolutions, I think the wartime classes were more intense. And that makes sense; every one of my Inst was a combat vet. A bunch of them were at BUD/S because their PTSD was so bad the Navy thought they needed a break. An Inst who thinks you'll be shooting paper with him just isn't going to go at you as hard as a guy who just watched his best friend jump on a grenade and is wondering if you're man enough to take that fallen team mates spot. The new classes ARE easier though. ;)

Evolutions change all the time. One of my classes the Bee Hive, the other one didn't. One did the marathon tread, the other didn't. It's not so much about specifics as the overall intensity, and a lot of that is due to the CO and his Instructors.

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I think youre right about the wartime classes probubly being the hardest,, I would assume the instructors were thinking they might end up in Iraq with one of the students and probably tried really hard to weed out the shit heads, I hear a lot of people say the opposite because there were higher pass rates during the war years but I attribute that to the fact that people weren't joining so they could tell everyone they're a SEAL or because they were a cross country runner in high school and they happened to be able to crush the PST so they figured they might as well give BUD/S a shot, I think people joined during the war more because they actually wanted to go to war and shoot terrorists in the face which probably resulted in a higher rate of students that were more motivated to complete the program, would you agree with that? Do you know any current or recent BUD/S instructors and in what way do you think BUD/S is getting easier? One thing I'm worried about is a bunch of kids getting SO contracts that just want the title of being a SEAL, especially with all of the movies and books glamorizing SEAL's and putting them in the spotlight recently and theyre actually counting on not going to war or caring about how well they do the job, do you think that's a valid concern, like that people are getting in now and in the years ahead that aren't getting in for the job but are more getting in for the title, will people like that be weeded out throughout the pipeline because theyre not genuinely committed to completing the program? What do you think are the right reasons for becoming a SEAL now that the wars are essentially over?

Whats the Bee Hive?

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I have a question for you please. From everything I have read, and heard from a few DORs, land portage is what gets pretty much everyone who quits nowadays. Guys can't keep up and it's a non verbal DOR and they are gone. Was this your experience with land portage? "Land portage is 1x/wk during first phase, but you run with those things on your head for at least a little almost everyday and during hell week you'll go everywhere with them on your head" This is from a guy who graduated BUD/s about 7 months ago.

And do you know what that 1x a week land portage before Hellweek is going to look like (8miles?)? I imagine the instructors want to get rid of people badly during this evolution. And what can I do to best prepare for land portage (is showing up to BUD/s in great running shape enough)?

Thanks a ton man

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Posterior chain work like deadlifts probably, I've heard there's the gazelle types who can run all day but lacked strength as soon as some weight was thrown on them. I'm willing to bet arm strength is less relevant than how much force you can stomp into the ground to keep you moving.

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I'd say that is either not the case, or BUD/S has actually gotten easier. Plenty of people quit during land portage in my class, but it wasn't the only thing causing people to do that by any means.

We did it a little more than once a week. We had our first land portage on the first friday of Phase. Just a little 3 mile demo pit road run/race before lunch. The look of shock and horror after that evolution on peoples faces was awesome. After that we probably did 4 or 5 boats on heads runs a week, sometimes after rock portage, and sometimes just as a separate evolution (Drag races and whatnot).

Boats on heads is the worst thing you do at BUD/S, until you flip the switch.

Yes, in Hell Week you live under your boat. It only gets sat down for specific evolutions and eating.

You probably won't do anything longer than 3-5 miles before Hell Week, but you might start HW with a State Beach run which is about 9, I think, or Elephant Cages which is 12. It's not about being a great runner. It's about dealing with a very intense amount of discomfort and physical exertion. The boats going to wear a bald spot into you head, and that's just the start of it.

You can't do much to prepare for it except get mentally square. The claim that guys can't keep up and so they're basically being booted out is bullshit. If you could see some of the short fat SEALs that were showing up when I got out....guys who are claiming they, "couldn't" keep up are really just saying they weren't trying hard enough. I've seen so many guys shirk away from the pain, duck boat, slow down and fall out. All of them were more than capable of keeping up, they just quit. My boat crew won that first demo pit run, and for a lot of it we only had 4-5 guys. We just pushed harder. Other boat crews had way more horsepower, but everyone was so concerned with their own discomfort

they wouldn't push.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Can you even begin to possibly describe the pain? I've read accounts of guys saying their vertebrae felt like they were breaking on every step they took. The boat just crushing every part of their neck and back

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Bah. It's not that bad. It hurts less than a broken bone, more than a blister.

The discomfort is more about a lot of factors playing together. You're going to be wet and sandy in a cotton uniform. You'll often be wearing a lifevest. You'll have sweat and sea water burning your eyes. You'll be running in wet boots on dry sand, up and down berms, over sea weed and iceplant. You'll be straining to drive the boat forward and at the same time struggling to keep up. The boat will bounce constantly on your head. You're trying not to kick the persons feet in front of you or be tripped by the person behind you. The Instructors are screaming at you and hanging off of or pushing the boat. You can see 6 inches of air between the boat and the faggot in front of you's head. You'll be doing it for about 140 miles with 4 hours of sleep. Welcome to BUD/S.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did boats break everyone to an extent or were there some studs that it hardly seemed to phase? What did you mean when you said "flip the switch"? Just stop giving a fuck and accepting you'll be doing this until you're done? Did you try just blocking out any thoughts you had that came into your head and were robotic in a sense?

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I'd say they phased everybody, but they definitely don't break everyone. There is this pall that comes over the class after your first land portage. It's funny thinking back because the class gets together on the weekends in Indoc to prep the boats, and inevitably guys will throw them up on their heads and walk around for a bit and proclaim, "I don't see what all the fuss is about, they're not that heavy, no big deal." Then you do it for real, and everyone, absolutely everyone, is like, "WTF just happened?"

That's exactly right about the switch. You're going to get raped. You can fight it, and struggle, and cry, or you can switch off, compartmentalize, and worry about more important things. The choice is yours.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago*

Can you break up an average day on deployment? How often would you be called to carry out a mission? Also, how many SEALs are in each platoon roughly?

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Sit around. Do some stuff. Shower. Eat. Workout. That's about as good as I can do for you. There aren't really average days, it's mostly just responding to the current situation. Some guys I know got tasked multiple times a night for almost 6 months straight, other guys got nothing for months on end. Roughly 16-20.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Any guys get through BUD/S, SQT, join their respective platoon and only then realize that maybe the Teams aren't for them and there is was possibility that they could be sent to war and lose their life? Like they wanted to say they are a SEAL and have that title by their name but didn't want to truly operate and do the job of a SEAL and it only hit them when the prospect of dying while performing your job became all too real

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Probably as many as 10% of guys fall into that category. I can think of 3 or 4 from my Team that demonstrably did not want to go to war or do the job, and several more that would probably have turned down the opportunity if it had presented itself.

The sad thing is, that was the state of affairs a few years ago, the timeframe when joining meant almost certainly going to war. I can't imagine how many Hollywood SEALs joined in the 80's,90's (these are now the MC's and CO's mind you). Not to mention how bad it probably currently is, with the massive amount of press, and the wars basically being over.

One sad indicator for me is the amount that people ask about DN. Statistically, you don't have what it takes to even be a SEAL, let alone an elite SEAL, yet everyone thinks they're going to DN. I guess the flip side is that I thought I was going to DN too when I joined (which is to say, I thought the Teams were DN, and DN was a step even higher up), as the Navy pretty much recruits on the notion that Vanilla Team = DN.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

What was your favorite part of SQT? What are some of your favorite skills you learned in SERE?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

So much of SQT was awesome. I loved Kodiak. I loved La Posta and Niland. Free fall was a blast. I think Kodiak might take the cake, overall, but my favorite activity was shooting, which you do a lot of in SQT. Days on the range with mountains of ammo. We had a CAG Instructor who was cool as shit too.

SERE was a joke. Escaping from restraints was the only worthwhile skill covered in SERE.

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Ive heard a lot of people say SERE is complete bullshit, what about the course did you disagree with? Did you go to

SERE in warner springs? What kind of restraints did they teach you to escape from?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

It's not about disagreeing with something they teach, it's about the necessity of the course at all for SEALs. Let me first say that the majority of the academic portion was solid. We cover various types of detainment and the larger realities of something like being a POW, or being arrested by a friendly nation while on deployment. There are a lot of legal and diplomatic factors to understand, and the course does a good job of covering that. We had a few hours of restraint escape as well, various types: duct tape, packaging tape, rope, zip ties, flex cuffs, various handcuffs, leg irons, etc. That was all excellent as well. The waste of time is all the stuff most people think about when they think about SERE, the Survival (covered in Kodiak), Resistance (covered in BUD/S), Evasion (covered in BUD/S, Kodiak, Land Warfare). All the stuff that pilots and basic ground forces (kids out of highschool who haven't endured any hardship or selection) need. SEALs really just need an escape course and some classes on International Law and conduct in captivity.

NSW has their own SERE now. I think Warner Springs got tired of us ruining their fun.

Here is an example of how SERE is bullshit. They lock everyone up in tiny boxes for 30 hours or so. This is part of the final exercise and is designed to 'really test you'. They play this nonstop cd on repeat that has white noise, a murder psycho babble chant, a baby screaming, I think there was death metal. Whatever, it plays nonstop and it's what the CIA uses to break Al Qaeda. Well SQT classes have a game we play during SERE called "See how many times you can jerk off in the box." The point of the game is to see how many times you can jerk off in the box. (4 by the way). So the whole class is locked in tiny little boxes, but you can kind of hear the other guys because all the boxes are adjacent. We'd been in our boxes for awhile at this point, it was late at night, probably 4 am guessing by the temperature, and things were pretty quiet. The cd was on the psycho rabble part and you could hear guys shifting around trying, in vain, to get into some kind of position where you could sleep. All of a sudden, the cd changes to the baby crying track, like it had a dozen times before, but this time I hear, "Fuck it, I can jack it to this." I have never been more proud of my SEAL brethren, nor more convinced at the absolute folly of trying to teach men like that mental toughness in case they get captured, then in that moment. We volunteered for the worse that you've got. We're the last guys that need to be taught how to handle adversity. Your psyops are our spank banks.

Side note. You know that spider web team building exercise you ight have done at work or in the cub scouts? A couple of ropes are tied from some post to make a net with a dozen or so big openings and the team has to get everyone through the net without anyone touching the string. They made us do **that** at SERE.

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God damn that was a great story, whoever said that about the baby music needs a medal. Is 4 your record, or did anyone beat it. What do the instructors do if/ when they catch you jacking off? Was there some bullshit fake interrogation? And what as the purpose of the whole spider web did they think that BUD/S

wasn't enough teambuilding?

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4 was my record, I think the class record was 6 or 8. "did anyone beat it" pun intended, am I right?

They slam the door and ask you to stop. They try to stay in character but that usually shocked them out of it. Remember the Instr were for the most part civilian contractors who had been SERE Instructors for the Air Force or whoever. We got them because they were supposed to be the some of the best, most experienced SERE Instr...but they weren't spec ops guys. They were career SERE teachers.

They did a bunch of interrogations that were part of the scenario. It wasn't like GI Jane where it's a bunch of SEALs beating the shit out of you in a shed, (that is just normal remediation in the Teams). It was way more disney than that. They have rules about what they can and can't do. They can open hand slap to the face and stomach. They can choke and slam you with a towel around the back of your neck. That's about it. More than a few times they had to stop because they could tell they were starting to actually piss a guy off and they'd pause, drop character, and ask, "You Ok? You need to calm down, we're just role playing." Because they were legitimately afraid of a 225lb SEAL getting pissed and actually fighting back. So the whole time, you're just rolling your eyes, knowing that you can't do anything but play along. It's silly.

I had a feeling that the staff had very little understanding of what BUD/S was. They were basically doing the curriculum that they had been doing for 20 years as Air Force SERE instructors. It would be like if Tony Horton was trying to train Arnold. Tony is great if you're a middle aged housewife. She needs Tony. Tony ain't going to teach Arnold fuck all though.

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That's pretty funny, are we talking like a rape choke or a rear naked?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They take the sack you have over your head, roll it up, place it behind your neck and then pull on both ends of it. It's like a gi choke in jujitsu or judo or aikido, They jerk you back and forth and might slam you into the wall while they do it. It's more an annoying violation of your personal space than painful or frightening.

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haha, collar chokes are the reason I like training in the gi, armbars are easier for me too, do you train BJJ, how about other SEALs you know, is it pretty common with the SEALs you know, that's how I met the only SEAL I know.

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I did a little BJJ in the Teams, I'm more of an aikido or jujitsu guy though. To me, being a really excellent grappler is like being really good at fixing dents in your car, not necessarily a bad skill to have, but you're probably better off working on being a better driver.

MMA is pretty popular in the Teams, hence BJJ is pretty popular. A lot of Teams have a coach come in during the week for guys. I would say BJJ and boxing are the two most popular TG martial arts.

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[–] [Nidkid](#) 1 point 1 year ago

<https://m.youtube.com/watch?v=w5Uufq9jVis>

Are you familiar with Jiddu Krishnamurti? I think you would be very into him if you're not already.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

OMG. I don't disagree with what he was saying, but I disagree with the way he said it. I thought I was verbose and cautious in my choice of words. Jiddu, my man, there's more to life than talking.

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[–] [Nidkid](#) 1 point 1 year ago

Hahah he did take an hour to make 3 points. But he was talking to a massive crowd of hippies! And ha, I'm the same way, half the shit I say to people makes me paranoid I didn't get the right message across, ironically never worried when I've actually pissed someone off though.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I'd rather be hated for what I am than what I'm not.

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[–] [Nidkid](#) 1 point 1 year ago

Preach!

Either way the whiners are gonna whine.

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[–] [crazy8ball17](#) 1 point 1 year ago

Are you having to deal with any long-lasting, lingering injuries/pain from your time in the Teams? I've read a lot of guys have fucked up backs and knees after the get out

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

That's pretty common. There are injuries I incurred at work, and then there are just weight training injuries. I haven't had a good check up by a real non-Navy physician yet, but some persistent things that bother me are my right

shoulder, right ankle, lower back, and sleep. I know the ankle was from tearing ligaments on a jump, and the sleep is due to apnea from diving. I would guess there might be some overuse wear on my spinal disc, and I've been dealing with some chronic pain after a heavy back squat a few months ago. Think my knees are still pretty good.

The job will wear you down, but these days we're a lot smarter about rehab and palliative measures. I won't be surprised if they aren't putting guys on hormone therapies in the next few decades though. That's the one obvious thing they should be doing but aren't.

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Apnea from diving, like sleep apnea? Can diving cause sleep apnea? What are you doing about the sleep issues, has anything helped?

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Yes, sleep apnea from diving. It most definitely can. Probably nothing to worry about for Rec diving, but the serious diving I've done has had a lasting affect.

Working out hard and eating right helps. Having a fully blacked out room also. I always slept like a baby before and it wasn't until I moved in with my girlfriend that I found out I quit breathing during the night. It's funny too, never had nightmares until I got out of the Teams. It's like, while I was in, I had nothing to be afraid of, I had decided a course of action and was completely at peace. Now I constantly have nightmares about being out of control. It's kind of the opposite of PTSD. I was happy with the threat of traumatic events, but I have anxiety about boredom and pointlessness. It's the Hurt Locker thing. Give me a bomb over a row of cereal any day.

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What is it about the diving you did that caused, was it especially long or in really deep water as compared to what civilians are doing, did it cause some sort of physiological change? How do you eat, are you doing any of those trend diets like the paleo diet or gluten free?

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Long dives, also using a positive pressure breathing apparatuses verse on demand. When your diving rig is analogous to the machines they use to treat sleep apnea, you're probably training your body for sleep apnea.

Usually like a pig at a trough. I eat as much as I can. Paleo is scientifically without base. Having said that, it will work for the majority of people to help them cut weight. It makes it much more difficult to consume and absorb calories when you cut out processed carbohydrates. It's physically uncomfortable to eat the same calories worth of almonds as you can easily snack down in a bagel.

When normal people ask me how they should eat, like my parents for instance, I tell them to do the majority of their shopping around the perimeter of the grocery store, drink whole milk in moderation,

and try to balance your macros (eat some meat with dinner and have oats for breakfast). Common since is pretty much king.

For athletes, depending on what you're training to do, your diet will change a little. For potential TG's especially I'm a big fan of the constant switch up. Have a good base diet that works for you, but every once in a while, eat as much chow mein as you can before a run. Or go 2 days without eating. Do things to train your body to perform irregardless of your diet. This goes to the key to being a good TG, which is adaptability. You're no good to anybody if you're a superstar but you turn to shit if you don't get 8 hours of beauty rest and a non-fat gluten free scone in the morning.

Side note. **FUCK GLUTEN FREE. FUCK IT. FUCK EVERYONE WHO TRIES IT. FUCK EVERYONE WHO THINKS THEY HAVE AN ALLERGY TO GLUTEN. FUCK THEM IN THEIR SMUG STUPID FACES. IF I HAD THE TIME, I'D GO AROUND HOLDING THEIR HEADS UNDERWATER TILL THE BUBBLES STOPPED**

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What are the longest dives you guys did? DO the SDV guys get even more fucked up if cause they're diving all the time?

That's an interesting and probably very good point about the diet of guys that want to go to BUD/S to keep it variable. SO the chow mein thing before a run, is the point to eat some shit food and force your body to work while having something fatty to feed off. I used to do this, mostly just do something that inflicts max pain cause I figure I might as well get used to it: I would go to IN-N-Out get a 4x4(yes 4 patties) animal style fries and a large milkshake, eat all that then drive to the beach or trails I run at, then about 15 mins after eating start the run (usually a LSD run, between 8-10 mi) and do calisthenics after the run, I would usually puke at least a couple times, but my body got used to it eventually after doing it every couple weeks for a while, last time I did it it was just a normal run, like I woke up and ran on an empty stomach. Does that go along with the chow mein idea? Haha that just reminded me of in high school, my friends and I would drink as many beers as miles we intended to run right before we started running, it was usually a six pack and a six mile run, that created some interesting times... bad idea, high school kids are stupid.

Im glad im not the only person who gets homicidal after hearing the words gluten free, fuck that shit, its complete bullshit and "smug stupid faces" pretty much fits the description of everyone who doesn't eat gluten, their like vegans they want everyone to know their gluten free its so annoying

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Beers for miles is a great idea. Another one is a camelback full of booze (jungle juice or something comparable) and you have to run till you finish it.

The point is to build toughness. Toughness comes from new stress. Strength and toughness are different factors. Most regular athletes are strong or have great endurance, but they don't necessarily have the toughness. You can find a weak point and exploit it. Challenge Lance to a

pullup competition and see how great he is.

So yeah, the idea is you train your body to be comfortable with more and more normally uncomfortable situations. Let's say you get contacted just after eating your last MRE. You don't want to puke up all that necessary nutrition just because you're doing the equivalent of wind sprints. So practice that. Eat a huge meal and do wind sprints. Same for performing without sleep or after an IED rings your bell, you can simulate that with copious amounts of alcohol.

8-16 hours range. SDV guys get fucked up because they're riding in an underwater bus that changes depth constantly. Pretty much in violation of all safe diving practices.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

What's the most you've lifted in the big 3?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

275 bench 240 squat (I never did heavy squat, only recently and I've had to do it on a smith machine, so all those plates I stack are meaningless) 445 deadlift

175lbs

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

That deadlift is pretty killer. Did it make you a faster runner? How come you never wanted to squat heavy? Were you injured?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'm tall and lean and just not built to do heavy squats....poor posterior chain flexibility, etc. I like deadlifts because my long arms allow me to compensate for that lack of flexibility. I think I did my first deadlift in SQT. At least I was coached for the first time in SQT, and I don't remember doing them before then. So no, I don't think it helped my running, but it is an awesome lift and it would help your explosive speed, as well as your uphill.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

I know you've said that it was worth it and you would do it all again, because the experience made you what you are today.

Do you think you would have regretted not doing it? Even though you would not recommend it to a future son?

Is there anyone you've encountered for whom you thought the SEALs would be a good fit? As opposed to working for enough money to have freedom to pursue other interests.

In *Warrior Soul* by Chuck Pfarrer, there's a saying he mentions (or rather his ex-wife mentions) that SEALs fall into 2 categories: guys who could do anything, and guys who couldn't do anything else. How true do you think that is?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I would definitely had regretted not doing it. It's only in hindsight that I can say that it isn't that worthwhile.

There are plenty of guys who you meet and think, 'this guy could be a TG'. As far as someone being a good fit. I think that I'm a bit more cynical about that. I'd look for someone a little dim who likes to follow orders and doesn't ask too many questions as 'a good fit.' Most SEALs are not a 'good fit' for the military.

I think that's true but the guys who couldn't do anything else are the ones who are limited, not extra devoted or anything. It's kind of how teachers have so much pride in teaching and really identify themselves as teachers. A 20 year TG probably wasn't top in his class. Now the DN guys are another story. To some degree that sounds like a professional gig but even that is still a DOD job.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

I appreciate how quickly you respond to these man. To use a turn of phrase that isn't actually true, you have no idea how invaluable it is to us to have these questions answered.

I would definitely had regretted not doing it. It's only in hindsight that I can say that it isn't that worthwhile.

I have had the same feeling before. I wrestled D1 in college, during recruitment junior year of HS I asked my coach (who also wrestled D1) whether he thought it was worth it. His advice was the same as yours - no, it isn't worth it. Get a degree, enjoy college, get a job and enjoy life.

After wrestling anyway, I agree with him. But I only have that opinion because I did it anyway. Remembering myself in HS, I know I would have regretted not doing it until the day I died.

How do you reconcile knowing you would have regretted not doing it, while also knowing it wasn't the best thing for you?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

The linearity of time.

You can't know the future. You can't experience what you haven't experienced until you experience it, but then you can play it back as often as you want. It's the best and worst thing about being human that we can conceive of the future. That's what gives us doubt, and hope, and fear. Time and mountains work the same way, you can always see back from where you came better than where you're going and you have to go to see anything though.

That's why I'm not telling people not to climb mountains, I'm telling them that there are better mountains to be climbed.

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[\[-\]](#) [sonsta](#) 2 points 1 year ago

Continuing with the metaphor, I guess the appeal is that the SEAL mountain is well known, there are crews that have climbed it before, and you have support to climb it. The catch is that you're stuck on the

mountain for 6 years.

For a young kid looking for mountains to climb, it's not as easy mentally to find your own mountain, since that would involve a lot more planning and risk of the unknown. That's the appeal for me anyway.

I wound up watching all of Rick and Morty after you linked to it. Playing out all these what-ifs, I keep hearing Rick's voice in the background saying "Don't think about it!"

<https://www.youtube.com/watch?v=xIK4FgdPNK8#t=18m22s> <https://www.youtube.com/watch?v=Y9VaiUm4P70#t=15m30s>

Thanks again, I'll probably have more questions soon.

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[-] **nowyourdoingit** SEAL [S] 3 points 1 year ago

Believe me, I know how it is. Becoming a SEAL is a great thing, it's just the job that isn't actually all it's cracked up to be.

The best way to find mountains is to go explore. Take up hobbies, pursue a wide variety of interest. You may find that physics is your deal, or ultra marathons, or actual mountain climbing. You have to give things an honest effort and see if they appeal to you, and then actively pursue the ones that do. And it's hard. It's way easier when it's all laid out in front of you and you're being told what to do, but life is fucking hard, man. So be a hard man and deal, and the rewards will be much greater when you've succeeded on your own.

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dude, im so stoked he posted that rick and morty clip a while back, that show is fucking hilarious, Ive already watched all of the first season, I was wondering if anyone else discovered that show from that DMX clip. "they're bureaucrats I don't respect them" best scene in the history of television

http://www.youtube.com/watch?v=s5A5Mb__fiA

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[-] **Nidkid** 1 point 1 year ago

Like what though? I'm the kind of person that things just naturally come easy too, and even when they don't I just chisel away at them until I'm at the level of unconscious competence. Somethings are easy and some things take years but I'm not sure where that level of tenacity applies except as a SEAL (or any other special operations outfit). I don't even understand "normal" people anymore like zero observational skills, cut and paste responses to all situations and conversations, and generally bitchy about getting shit done. I'm only 21 and despite having grown up feeling like I was developing faster than everyone else that curve got a lot steeper as I was getting out of college. Shit dude I can't even look most people in the eye cause they have this dumb look on their face and it makes me sick to my stomach. Hell even when I throw money into something as esoteric as stocks I figure out how to turn a profit. I feel like getting beaten up for 6 months is the only thing that'll make me feel like a normal human being. Cause the shit that most people value literally does not appeal to me in the slightest. Eating shitting sleeping fucking with a mediocre savings account. When I was way younger I thought those people knew something I couldn't figure out.

Now I'm realizing they're just weak hearted scum bags.

I wouldn't even mind if they were actually nice people who were just a little slower than me but all that quitting manifests as passive aggression and I can't rely on ANYbody. Anytime my family gets involved in shit they fuck it up in the dumbest ways. My ex girlfriends are all actual sociopaths & narcissists.

But anytime I hear TG's talk in interviews or in books or on the Internet its like "you dudes are funny and talented, I could actually be in a room with you and not feel I need to vomit". Idk sorry for the long bitchfest. I just don't understand what I'm supposed to do with my life if I don't make this happen.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Go for it. You'll find like minded individuals for sure. You're young too so you'll have time to do it, make friends, realize it sucks, then get out and move on to bigger and better things having gained from the experience.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

I'm glad I responded to this. Finally helped me pin down what I couldn't find the words for for the past year and a half. Yeah I'm interested in being challenged but doing asinine amounts of heroin without dying is a challenge too.. I'm doing this so I can have friends I believe in. Everything else is just a means to that end.

And if it's all that's available chasing tail and eating sushi in Coronado 7 months out of the year isn't the worst fate. I take it Coronado has some dope sushi though right?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sushi Deli 2. So dope.

There are a hell of a lot of worse jobs. Probably none you'd have to work so hard to get....but you get my point.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I'm dropping out of the DEP pool and am going to pursue some business ventures in the near future. BUD/S and SQT sounded awesome, but the rest did not. In addition I do not agree with many things our government has both done and hasn't done in the past, present, and likely future. But I'll always have some solid respect for most SEALs. Thanks for answering all of these questions so far.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Good luck. Be the change you want to see and all that.

No worries.

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[\[-\] ImTheGuy77](#) 1 point 1 year ago

Did you guys have good food on deployments?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Like I said before, I never did a combat deployment, so I can't say. I've heard the food is anywhere from MRE's to pretty decent, often cooked by Indian or Pakistani contractors, so heavily spiced.

Food in the military usually isn't that bad. It's not gourmet, but it'll get you the nutrition you need. Think high school lunches.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'll tell you who has good food. The AusSAS. Holy shit they have great food. They pay their chefs more than the US Navy pays us. They get amazing food prepared in bulk everyday made with love. The AusSAS is how I would model the SEALs, if I could, in terms of organizational culture. I think our tactics are probably superior in a number of ways, and we definitely have more money for training and equipment, but they do the things they do incredibly right, without nearly as much bureaucracy and bullshit as we do. Simple things like feeding the men good quality food. Allowing them to check out weapons and train whenever they feel like it. Things like that.

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[\[-\] ImTheGuy77](#) 1 point 1 year ago

I'm sorry if this sounds ridiculous but are you saying you can go on a deployment without combat or did you just never deploy?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I never did a full deployment to an active war zone. I did trips places but I don't count them as deployments even if the Navy technically does. You can do a deployment to an active war zone (combat deployment) and see zero combat.

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[\[-\] Nidkid](#) 1 point 1 year ago

So if you wanted to train whenever you felt like it you'd have to buy your own gun and ammo? That's wicked unfortunate.

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Yup. Yup.

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[\[-\] Nidkid](#) 1 point 1 year ago

Can you even buy your primary legally?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Depends on where you live. Usually you can. You could grab a sear from work if you really needed full auto, which you don't, we never use that.

If you wanted to be super anal about having the exact same setup, you'd have to do a little work to get a KAC suppressor but it's just paperwork, time, and money. Other than that it's a medium to low quality M4 lower, maybe a KAC upper with a DD free floating rail system, then you can build a AR pistol and swap the uppers so you have a 10". There might be some stupid nitpicky laws depending on where you are that you'd have to work around. Like pinning the suppressor so that the barrel meets minimum length requirements.

So basically you can buy everything legally, but it gets harder the more accurate you want to be with it. Which is stupid.

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[\[-\] crazy8ball17](#) 1 point 1 year ago

Makes makes a DN TG that much different from a vanilla TG skills wise? I mean do you think they learn that much more advanced techniques while at DN where it'd be like comparing a high school math student to a person with a PhD in mathematics? Do you think there could be better operators in the regular Teams than there are in DN? Or is it mainly the experience factor where nothing really is foreign to them and they can handle pretty much any situation incredibly effectively because they've done it numerous times?

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CQC. DN does CQC at a higher level than just about anybody. They also have more toys, so hypothetically I roll into DN tomorrow, I could probably figure thing out fairly quickly, but there would be a learning curve. They'd have equipment I've never used. They'd have tactics I haven't really used. The biggest thing is just the level of professionalism. Most Vanilla ops are watched by a flag officer at most. DN Ops are going to be at the 4 star level or higher. I've done plenty of comms, but I know a guy who got shipped home from a deployment with DN for failing to pass a proword for a phase line at the exact moment, he was 3 or 4 minutes late with it.

It's really more like a college football player and a Pro. The college player can hang, and may even be better than some Pros, but he hasn't trained on the same play book, or with the exact same rules. Plus he'd be unfamiliar with all the other NFL stuff, contract negotiations, having an agent, etc. etc. I've never shot an MP7, for instance, that would totally new to me.

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[\[-\] ImTheGuy77](#) 1 point 1 year ago

Did you guys have to uphold a certain shooting proficiency? What was it? Did DN guys have a tougher proficiency standard?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. There are SEAL Standard shooting drills, something like 11 of them, derived from DN standards. There are no

consequences for failing them though. In SQT, if you failed, I think you had to do hill runs or tire drags, but there aren't any real consequences, like being fired or made non-opeational. At DN, I've heard if you ever fail one you get sent back to the Vanilla Teams. I'll try and remember the list and times and post them here. They're pretty doable if you practice a bit but I'd probably fail at least a few of them right now after having not shot for more than 18 months.

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[–] [crazy8ball17](#) 1 point 1 year ago

Aside from safety violations, would anyone ever get completely dropped from training during SQT?

Damn thats some real pressure with having to hit the standards every time or get sent down

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

The only people I can remember getting dropped in SQT were Officers. A big test for them is land warfare in Niland. That's the first time they get tested on their tactical decision making and cool under fire. O's can and do get dropped at that point, which is always unfortunate to see, after they've put in so much work. It's much less likely for E's to get dropped. You can be rolled in CQC fairly easily too. You're allowed a certain point value in deficiencies and then you get rolled. 'Talking off safe' would count x much against you, while a 'gross lack of situational awareness' would count more. CQC is fairly high stress because of that. You feel like its exam time on every run.

Wasn't my class but I heard from guys who were there that a class had a known shitbag that everyone hated, but he was meeting minimum standards and they couldn't get rid of him. He accidentally got shot at Niland and the joke was that's what it took for the Instructors to get rid of him.

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[–] [crazy8ball17](#) 1 point 1 year ago

I was actually curious a while back how many accidental shootings there are during BUD/S, SQT, while training in the Teams, etc. I think my curiosity about that started when I watched 234 in Third Phase when they had their night field exercise and they were running back and forth, bullets flying in a crossfire, leapfrogging and all that. Can you remember hearing about anyone ever getting tagged in a situation like that? Or during SQT? I can see while doing CQC things can get dicey-do you guys use live ammo or simunitions for that?

What a disaster it would be in the instructors accidentally loaded up live ammo instead of blanks during Breakout...

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

It happens more than it should but surprising less than you would think if you actually watched our training. We train very realistically and push it to the extreme as often as we can.

The Lt. from Redwing, Michael Murphy, tagged a guy in two separate events, according to an Instructor of mine.

I watched a round miss an Instructors head by about 6 inches in 3rd Phase when it skipped off a rock. I

watched a rock miss an Instructor's head during a demo week. He was right next to me when we clacked off a big platter charge, and this rock the size of a melon wizzed directly over his head at about 600mph, brushed his hair. I watched a dude walk about 15m downrange during an online live fire ambush drill. 20 dudes, spaced about 4m apart, just unloading down a small hill into a pile of popup targets. You lay down a solid 5-10 seconds of fire, then everyone get's up and moves on line through the target and he just got antsy and went for it early. He was just walking with his back to 20 dudes just blasting every which way. Freaking miracle he didn't get cut in half.

The kid I mentioned who got shot in SQT, that was a case where the Instructor loaded live rounds instead of blanks. Popped off a quick burst on his 48 at the kid and drilled him twice through the femur from about 300yds, I heard.... good shooting at least.

In Breakout they don't aim at you. They're too close, they just walk around like rambo pumping blanks into the sky. Breakouts way more choreographed and controlled than the rest of your training would be.

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[[-](#)] [crazy8ball17](#) 1 point 1 year ago

Speaking of Red Wing, do you think those events played about exactly how Marcus portrayed them or is something a little off about the whole thing and there's something missing. If it was you on that mountain what would you have wanted to do with those goat herders? Marcus did say that voting to let them go was the tactically wrong decision and the stupidest mistake he's ever made

Luttrell wrote extensively how the Taliban knew how to play the media game extremely well. The military was always in a lose/lose situation when going up against them. Either from the rules of engagement which severely restricted the way they handle their business or from the media backlash that would ensue if the SEALs fought like the Taliban-did you guys always feel 'limited' in what you could do because of the media/ROE? Like you could never really be unleashed and apply all of your training to the field

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Lone Survivor overplays it according to the official intelligence. I wasn't there, and I can't say for sure, but I'm inclined to believe the official reports. It can be hard stay objective when you're getting shot and blown up. Real number of combatants was a lot lower. Other than that, they got compromised, had a dick dragger fire fight, and 19 Americans died.

Couldn't say for certain. I usually rolled with restraints, so that would have been an option, plan B, probably break their legs then exfilled. Not really into the whole killing randoms thing, but if my boys had wanted to go that way, you'd never hear me breath word of it.

Shooters in the military always have a hard time with the DOD. We play this game, because we're a 'democracy' where we say it's fine to kill people, but don't break their noses. You'll always be second guessed in the DOD. That's not entirely a bad thing. Red Wings should never have happened. Someone should have pulled their head out of their ass a realized it was a bad op from the start, called it off. It was a massive failure in every respect and had huge and

lasting implications for NavSpecWar.

The problem isn't that we have oversight and ROE and people second guessing, the problem is that the rules and standards are so incomprehensibly moronic and irrational they put troops in danger.

For instance, the GC mandate on acceptable ammunition. If an HRT sniper excavates a nice mother's head with a frangible bullet, that's all kosher, but we have to use FMJ or it's inhumane.

I can tell you DN's ROE's are either different or more laxly enforced.

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What was different about redwings, like as an outsider I really only hear specifics about things that go really bad, so why would redwings be a worse idea than another SR, was it poor planning or something? How did redwings change NSW?

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Ahmed Shah was not that valuable of a target. He was a local militia leader who the US thought might attempt to disrupt the election process in the area. The area was deemed to high risk for the payoff for DN, and SDV decided that they'd take the op. The attitude at SDV was that they were the world's number one SR unit, and this mission was a perfect opportunity to prove it. If you've seen the video of Dietz's gear, you know how slopshod they actually were. They rolled into their hide sight with toughbooks that had completely unnecessary intel on them. Here's a decent summary, though the guy misses the mark on a few things a lot of his criticism are spot on.

<http://www.captainsjournal.com/2014/01/14/a-marine-corps-view-of-tactics-in-operation-red-wings/>

Besides the immediate impact of all those dead dudes, and the crypto rolls that everyone in theatre had to do, it put egg on the face of the community, SDV wasn't welcome in country anymore, and the whole rep suffered.

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Michael murphy shot two people in SQT, holy shit?!? What happens if you do that, do you get kicked out?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not SQT, at his Team while training. Obviously not. It depends on the circumstances of the shooting. Had a guy in SQT fail to clear his secondary at the range, and then for whatever reason he had a habit of doing a "second clear" once he got up to the dorms where he'd

unholster and dry fire into the ground to double check it was clear. Who knows why the hell he thought that was a good idea. Anyway he hit a guy with a ricochet and got sent to the fleet for a year but was allowed to return.

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'Talking off safe'

What is that if you don't mind.

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SQT CQC rules mandate you put your weapon on safe before talking. You talk before you initiate a move, so in SQT when you're first learning, to add a level of safety, you only move on safe, and to ensure that, you have to safe your weapon before you make any verbal calls to initiate the move. It's a small point and an easy thing to mess up so a lot of guys get that particular "safety violation".

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Were you guys allowed to customize your gear to your liking? IE: weapon accesories

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

To a certain extent. I commented on this earlier.

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[\[-\]](#) [Eightwolf](#) 1 point 1 year ago

Could you possibly describe a Grinder PT session during BUD/S? Like what kind of calisthenics and about how many repetitions of each exercise would be done.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That OG frogman PT I've posted elsewhere is a good example list of the types of exercises you do in a grinder PT. An actual session is probably going to be 45min-2 hours of those kinds of exercises. The class will get wet and sandy repeatedly during the PT. The Inst will probably be blasting you with hoses. You'll have IBS's filled with water to chilly dip into. The PT's are about half physical training and half mental toughness. You'll just follow the lead of the Inst running the evolution. You could do anywhere from say 10 to 1000 of something. I think they've been gearing them more towards intensity instead of huge volume, as you get better performance gains from that. Some times they're mostly beatings, and sometimes they're mostly training. Like a nice one you might do 10 sets of 10 dips, 10 sets of 6 pullups, a bunch of abs, some 8 counts, some pushups, but in general the Instr will be looking for quality and good form. A bad one might just be getting mashed and everyone is struggling to keep up.

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[\[-\]](#) [OsamaBinBalling](#) 1 point 1 year ago

Are van wars still a thing?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

What's a van war?

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I think Chris Kyle and Brandon Webb talked about it in an interview where you TGs all beat the shit out of each other every time you're in a Van, except the driver

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sounds like something they'd do. We played a game called van drink, where everyone but the driver pounds beers till we got to town.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

:(that doesn't sound as fun. Are this generation of SEALs generally less rowdy?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

You think getting punched is more fun than boozed? You're a silly silly person.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

In BUD/S what were the events graded weekly for performance? I know theres the 4 mile run, O course, and 2? mile swim, but are there any other graded events for which you can be dropped for poor performance? Also, how many land portage and log pt sessions did you endure in BUD/S and how frequent were they? Lastly, did were there any events in BUD/S that you looked forward to?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Run, swim, o-course were every week. Twice a week almost every week. Then on any given week there might be other performance test, from drown proofing to shooting. Depends on the phase. The consistent ones were run, swim, o-course.

I think it's 7 log PT's in 1st. or 7 surf tortures in HW. Something like that. It's all a blur. I did 1st Phase twice so I got to do double. They were a couple times a week in 1st Phase.

My first time through 1st, I was intimidated by everything, so I wouldn't say I looked forward to any of it. There were

evolutions I liked and ones I was good at, but you never could count on shit not going sideways on you when the Inst got involved. Like I "looked forward" to 4 mile timed runs and swims because I knew what was coming and I was pretty good at them. I enjoyed the O course, but we got beat on the O course so frequently it was hard to look forward to doing that.

Second time through 1st, I looked forward to most of the pool evolutions in 1st, the 50m, underwater knot tying, drown proofing, because they were fun and challenging. I liked runs, and O courses, but I was pretty over swimming in the Pacific by this point.

Wait, here's your answer: Chow. I always looked forward to my next meal.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

How much of your class failed out from pool comp? Were you given enough time to practice everything in pool week?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't remember exactly, a fair number. I think we picked up bout 10 dudes who had been rolled from the previous class and probably had 10-15 get rolled out of our class. I'd guess about a dozen rolls is average...that might be a little high, but at least a handful of guys. I never felt like I was unprepared in terms of knowledge. You'll have plenty of time spent doing drills. You can go work on it on your own time on the 2nd Phase grinder. The Instr will even come in on weekends sometimes to help out. It's more of a matter of puling it all together come test time. For me that was just about getting my head right.

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What all goes on during pool comp and how long does it last?

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It last until you've checked all the boxes and the Instru is satisfied, usually 8-20min. Basic formula is surf hit, problem solve. Walking you through from start to finish:

- You get jocked up in your dive gear and approach the side of the pool.
- An Instructor swims over and calls for you.
- You do your little dance and jump in.
- You make your way on your hands and knees over to the Instructors lane, which is an actual back lane line on the bottom of the pool, normal used for swimming.
- Once in your lane, you turn and crawl over to the ramp from the 9' to 3' sections, where the Instructor will be standing and waiting for you.
- You get situated, then give the Instr a thumbs up. He gives it back and you've started.

- You turn 180 and start crawling along the lane line away from the Inst.
- He'll swim down pretty much right away and surf hit you.
- He initiates a surf hit by briefly putting his hand in front of your face, which might just be him ripping off your mask and regulator, and then he'll pick you up and twirl you around for a while, rip off some of your gear, tie your hoses in knots.
- Instr have their own types of surf hits. Some like to bounce you off the bottom. Some like to rip your shirt over your tank. Some are worse than others.
- Irregardless of who you get for your test, they'll give you roughly the same series of knots to deal with. There are probably half a dozen specific knots.
- Once the surf hit is over, which can be 10 to 30 seconds. You right yourself, find your weight belt, place it behind your knees to hold you down. Then you work your air supply. You always do the same procedure to reestablish a viable air source. Reach back with both hands to your manifold, check your air is on, trace your hoses for knots, and if you can't untie them with your tanks on your back, ditch your tanks and bring them in front of you to work on the problem there.
- The test is over when you get the "whammy" knot. You can't untie the whammy without knowing what you're doing, so when you get the whammy, you ditch, work the problem for 10 seconds or so, then inform the Instr that you no longer have a viable fixable air supply by slashing across your throat with your hand.
- You kiss the deck and relax and the Inst will grab you and bring you to the surface.
- You have to exhale continuously to the surface or risk an AGE or failure. If you stop exhaling at all the Instr will punch you in the gut to help you out.
- You say, "I feel fine" and give a thumbs up on the surface.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Wow, that was the whole package. I have a couple follow ups on it. First, when they remove your mask and water gets inside, are you just blind for the rest of the exercise or is there a way to clear water out of your mask? Also, did you ever have difficulty with O₂ from them tying a knot right after you've exhaled? (Like were there any instances of panic from lack of O₂)? Also I would like to thank you for answering all of mine and everyone else's questions. For myself and any other aspiring SEAL reading this I think it truly is a privilege to be able to speak with a SEAL willing to answer any question we have. So thank you very much for that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I should have clarified that. Once they rip off your mask it pretty much stays off the rest of the

evolution. They yank it off your head and toss it off to the side somewhere. I think I remember a couple guys saying they managed to find it and put it back on once, but the Inst ripped it and tossed it again pretty much right away.

You can reclear a mask very simply if you can find it. It's just a matter of forcing the water out by blowing air out of your nose. Any basic diver has practiced this.

That's kind of the worst situation in pool comp, getting a hit on an exhale. It happens and it sucks. You have to try and do your procedures the same way though. A big piece of advice I give guys for pool comp is practice negative breath holds, i.e. holding your breath after a full exhale. It's much much more difficult and not something most people ever train, but it's a great way to drastically increase your breath hold.

You're welcome. It's good practice t get my typing speed up.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

It's good to know you're also benefitting. Haha

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Are there TGs that are naturally more talented than others or does the skill that all you guys developed over years and years of training even everything out for the most part? Was wondering if there are some operators that just have the "it" factor-kind of like a quarterback who has the sense of when the pass rush is about to get to him. Some QBs have it and some don't. Are there dudes like that in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Definitely. There's always some element of talent or proclivity, but then there is hard work and practice as well.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

How long were the surf tortures sessions? How much did they suck? I heard that surf torture takes over 5 each time. What do you think of that figure?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Almost always 3 rounds of 15 minutes. Sometimes when the water and air were exceptionally cold it was less time, and even once we only had two rounds. They were goddamned cold rounds though.

A lot. A lot a lot.

The first couple seemed to take the most, and then again in Hell Week they get a few guys. Hard to say how many. I remember hearing the bell ringing a bunch on our first one. I remember this dude in my boat crew during Hell Week just losing his mind after our 2nd round. He was screaming, "they're going to kill us, we can't do this, we have to quit." We all just kind of looked at him and shrugged and he walked off and quit.

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[\[-\]](#) [ekleiss45](#) 1 point 1 year ago

Do some people take cold showers or ice baths to prepare beforehand, or is it just a deal with it when you get there event?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Maybe. I remember going through a phase where I tried just taking cold showers for a while pre-BUD/S. I don't think it made any difference.

Guys who grew up in cold environments, like Michigan, seemed to have a little easier time of it, but it's really not an evolution you need to worry about. You're going to get cold. So what.

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What months did you go through 1st phase? "Theyre going to kill us, we have to quit" made me laugh so hard, its like the instructors planted that guy. In between rounds are they just checking guys out to make sure they don't have hypothermia

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Oct-Feb I want to say. 2 winter 1st phases in the same year. Hooyah.

Yeah, you do that hand up over your head while they inspect you thing. If you look really bad, they'll get a core temp on you, so you try to avoid looking really bad.

core temp= silver bullet = sodomized by a man with a thermometer while you bite the back bumper of a 4x4.

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haha, so you could end up in a platoon with a guy that shoved something up your ass... they really are good at making people suffer at BUD/S to the point where theyre literally shoving shit up your ass. By the way thanks for the tip, that one could really help me out

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

What do you wish you had done instead?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I couldn't be where I am today if I hadn't done it, so nothing. If I could magically transport myself back 10 years with the knowledge I have now, I'd go to med school in Buenos Aires, and buy property in Patagonia.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

Outside of OBL, if you had the chance to go toe-to-toe with any historical figure who would it be and why?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I like the fight club answer: Lincoln, and for the same reasons, he was an undefeated wrestler and scrappy as hell. If you're talking me in a room alone with anyone in history, Mao Zedong. I would feed him bits of himself for weeks. That fat arrogant fuck.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Hey man thanks for the posts and answering our questions! I have a few questions if you don't mind.

- When I was little (5-9) my life was mostly spent visiting my mom and grandmother in hospitals and nursing homes, and I saw some pretty messed up things in their. I.e. Guy coming in to the hospital that had just got into a wreck and was missing limbs, had an eyeball dangling out of his socket, and missing part of his skull. Anyways after my mom and grandma passed away when I was 9, I was diagnosed with depression and had to take medications. As of now I am 16, off the meds, and doing great, but I was wondering if this would affect my chances of being able to picking up an SO Contract.
- I know you kind of touched on this a little, but could you elaborate on nicknames of SEAL Teams (Ex: 'No Fun One'), and reputations of each Team (Ex: Team 3 is really good at Desert Warfare.)
- Where do you think the Teams, and the SOCOM community will be as a whole in the near future.
- What kind of warfare will we be fighting in the near future, and what do you think the Teams will bring to the table in said warfare.

Thanks bro. Sorry for all the background info in the first question. I just felt like some detail should have been provided. Also it's great to hear that most TGs are psychopathic in nature. I was worried I'd be a weirdo for my psychopathic tendencies. Cheers.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's hard to say. I know past history of psychotic medications could be a disqualifier but it's definitely worth checking with a recruiters office as it was as a youth. I just learned that the term for that is 'existential depression'. Frankly, if you don't get depressed the first time you find out we're all going to die, somethings wrong with you.

I knew 1's nickname, but I'm not sure i ever heard any others. As far as reps, 3,5,7 had pretty good west coast chill reps. 10 was the team to be at though, lot of good stuff happening there. 4,8 were kind of off the radar doing southcom ad africom stuff. 8 is heating up for sure. Everyone is basically doing the same stuff but you hear things like a bunch of guys from a Team going to a school or a bunch of guys getting deployed so you kind of know who is more focused on what.

It's not going to be great. 2 reasons. The first is things are slow everywhere, so there's less work for everyone, which

means not only will be more sitting on your thumb time, there will be more chefs in the stew. More chefs means more problems. Life is best when you're out of the spotlight and can do your own thing. The future looks like the opposite of that. The second reason is that the political will just isn't there, and when combined with our growing reliance on standoff technologies, from satellites to uav's, special operators are going to be increasingly marginalized.

We should be entering the age of Spec Ops. The current world, and the near future, or perfect for the utilization of spec ops. We have unheard of intelligence capabilities, increasingly smaller and more localized conflicts, and the spread of fanaticism and crime. That part is key, the future is going to be more about criminal organizations than "rogue states" and we should be prosecuting them like criminals. Thomas Barnett (look him up) was spot on several years ago with his TED talk which is the brief he gives at the DOD. Unfortunately, there are a lot of powerful interest that don't want things to work that way, so it'll be a few decades before anything changes, if it does.

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The second reason is that the political will just isn't there, and when combined with our growing reliance on standoff technologies, from satellites to uav's, special operators are going to be increasingly marginalized.

Uav's can't rescue a hostage, or take out a target inside a populated apartment complex for example, and they can't capture a target to gather intelligence. I've heard that future wars are going to involve mostly Spec Ops troops as well, do you agree with that? I could see Special Operators getting sent in to secure some Nukes in the near future, and a lot of similar types of missions.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The future is less war and more "rogue agents". Not entire institutions like Nations or even militias, but amorphous threats like AQ. Spec Ops are absolutely the best option for those types of threats, unless you're in the CIA, in which case they are basically the last option. We still want to watch and monitor and execute all from afar. It's safer, easier in a lot of ways, and it makes all the leadership a hell of a lot less antsy. Imagine you're a Senator or even the Pres. It's election season and there's some kind of shitty guy running around a shithole village in a country most the voting public couldn't find on a map. Do you A. send in the SEALs and risk some or all of them getting killed, or worse captured and used as ongoing political fodder against America and by proxy you. Or B. have a mountain dew slurping kid fire a missile at him with a flying robot death machine? What's the worst thing that happens for you if you go with option B? It's all classified. No one is going to know if you killed the guy or missed him or blew up a school or whatever. If you do blow up a school, you'll just claim it's propaganda and that, anyway, you support the intelligence officers who made the decision. Fog of war, blah blah. Plus again, all classified, so you can go ahead and say you killed a major threat.

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When something like [this](#) gets approved, at what level in the chain of command is it approved? For a drone strike would it maybe be a lower level than if they sent DN in to raid a compound like back last October?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I wish I could tell you. I'm sure there is a flag officer in the room, as well as some high ranking Agency guys. I can tell you that all of the Ops at SDV got signed off, literally, by POTUS. DN has a 3 star overseeing their Ops, and for anything they do outside of theater commander work (like nightly raids in OEF/OIF) they're getting signed off by POTUS as well. One of the best parts of Zero Dark Thirty is the behind the scenes of the decision making process. It really is: agency develops intel package, all options are weighed, SEALs are chosen reluctantly, white house has to approve, ops a go.

I would assume in the case of drone strikes, the process is much more: agency develops intel package, POTUS signs off on area of operations and a large target list, kids sitting at terminals get the go ahead, they then gets permission from the senior O in the room, which very well might be an O6 or lower, and then fire missiles. I wish I knew more.

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Do you mean like SDV stuff outside of OIF/OEF, like the surveillance type stuff they have done in Somalia (I think I read something about them emplacing "surveillance equipment")

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

yeah, all those missions are signed off by the President. Basically any time ground forces go anywhere it's signed off by POTUS, and when you're going somewhere new for a special mission (aka special ops) and not just run of the mill combat DA's in a war zone, the POTUS is signing off on it. It's like a unilateral war that the public doesn't get to hear about.

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Ever heard of this incident, "Anyway one person escaped, now what you are supposed to do is escape, then you evade the captors all day long if possible then at night you get rounded up if you were able to stay away that long and then put back in your cell at night. The one guy from the SEAL team that escaped ended up going and freeing someone else from the team. Then these two freed another from the team, and another...etc...etc..."

So now the entire SEAL team is free and they ended up locking up all of the instructors, booby trapping the compound and taking all the wallets and credit cards of the instructors and heading off to town to drink. Not sure who was called or why but the SEAL team informed the Brass that they had escaped and were out in town and to not go back to the school because they had it booby trapped. Everyone got all pissed off and panties in a bunch over this and to this day they will only send 2 people that know each other to each school. It was also the reason they were in such a foul mood to beat the piss out of us while we were there, at least this is what we got told."

Every hear anyone talk about that

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago*

Yeah, I've heard that story. It's roughly true, as far as I can tell.

I was probably the 3 or 4 class to go through the new NSW SERE. They had us sign three sheets of rules. They told us

that the first class didn't have to sign any, the second class had a full sheet as a result of the shenanigans the first class pulled and the third class had even more, and so on. They kept adding things to try and keep us in line. One of the first rules is that you shall make no attempt to escape unless directed by an instructor. There's this funny moment when they try to organically orchestrate an escape opportunity for you, and everyone just kind of looks at the Instr and rolls their eyes, "Oh now? Now we escape? You're sure? Wouldn't want to break the no escaping from the escape course rule."

Even as extensive as the list of rules was, and as carefully controlled and orchestrated, and frankly disney, as the course is, after the planned and staged 'escape' you have about 10 minutes to yourself. They basically turn their backs and count to 20 while you're in a room on a fenced in compound, and then there's a team with NODs waiting just outside the fence to get tabs back on you once you've crossed the compound and escaped through the fence. The funny thing is we weren't even trying to mess with them, we had all given up on having any fun and were just going through the motions to get that stupid course over with as few cringe worthy moments as possible and we still managed to screw them up by escaping through the wrong section of fence. They had a gate all wired up with noise making devices and barbed wire, which looked like the stupid spider web team building exercise they had made us do earlier. We only noticed it after we were on the other side of the fence tracing the perimeter of the compound. Serious eye roll moment.

Anyway, so in this scenario you've gotten your kit back, you make comms, and they give you a 10 digit EE point. We map the point and it's the summit of a 1000m hill right next to the compound. Again, serious eye roll. After a lengthy discussion with our O, doing our best to explain that 1. There are no roads to the summit of this hill. 2. The SERE cadre don't have helicopters. 3. We've been briefed on rolling from primary to secondary EE points ad nauseam (so you think that might happen here and the hill is just a fruitless exercise in shittiness they want us to do?) 4. We should use the 4 hours it's going to take to claw through the brush up to the top of this thing to nap and eat all the food I packed instead of the bullshit load out list they gave us. 5. Seriously, fuck that hill. We of course climbed the hill, because even the best O is going to make you suffer before he risk being wrong in front of his superiors. And yeah, hit the summit, call for extract, told that the EE point is "too hot" and to roll to our secondary, where do you think the secondary is? Back down the mountain, about a 30 min walk from where we had been camped out in the bush at the base, down a road leading straight from the compound. Duh.

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Damn the whole "real world" exercise at the end of SERE sounds dumber and dumber the more I hear about it, I always thought they actually just beat the fuck out of you and water boarded and electrocuted you, crazy shit like that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nope. Gay shit, like the rest of the DOD. It's all Disney world and corporate best practices.

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Just ran across [this](#) do you think/know if its legit?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Don't know for sure, but I would assume it's legit. The dude would have plenty of corroborating evidence, which I'm sure Fox would vet before doing a 2 hour interview of the guy. I can tell you that if it's a phony, which again I highly doubt, a lot of DN guys would be calling up and calling bullshit.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Let's hope it's interesting. Sounds like "the shooter" is a little jaded and world weary as well, so hopefully we don't get the usual Marcus Luttrell, " 'Merica, fuck yeah. SEALS, fuck yeah." BS. Who knows though as Fox is going to be filming and editing it, so they might spin it into the American hero feel good story everyone wants to hear.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Speaking of, guess Luttrell just got a bit of egg on his face when he started telling fish tales during a recent public speaking engagement. I don't blame the guy for being passionate and talking up his buddies, but I wish he'd show a bit more self-reflection and humility. I don't think he helps anything being a blowhard.

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DO you know what he said? Do you know if its on the internet?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, it's in an article. He talked about Axelson living for 2 weeks alone after the firefight, when that clearly did not happen. A couple other small things, he had to come out and apologize for any inaccuracies he might have conveyed.

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Thanks, just found the article. You know that video you mentioned earlier, the one where the Taliban are going through the SEALs guns and kit and looking at those documents on the hard drive, do you know if that's Dietz's body that they are filming. That video was some crazy heavy shit, super creepy watching those shitheads going through all that stuff.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, that was Dietz. Just a bunch of boy fucking goat herders in the mountains. It's no more creepy than a bunch of dudes rifling through OBL's house and belongings after smoking him.

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This is crazy, isn't this guy going to be a huge target for lone wolf terrorists? You think you would disclose your identity if you were the shooter?

"The Navy SEAL "will share his story of training to be a member of America's elite fighting force and explain his involvement in Operation Neptune Spear, the mission that killed Bin Laden," the network said in a press release."

<http://news.yahoo.com/us-commando-killed-bin-laden-reveal-identity-231916628.html>

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[–] [nowyourdoingit](#) SEAL [S] 2 points 1 year ago

He might use masking to obfuscate his identity. He doesn't have to come out and wave to the cameras. If it was me, [this](#) is what I'd do. Then I'd petition to get a special permit to carry my M4 everywhere I went.

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check out the comment below this

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Thanks man

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[–] [crazy8ball17](#) 1 point 1 year ago

You read stories about the instructors beating some guy until he quits because they didn't like him for whatever reason or he did something to piss them off.... is that true? If so, how common?

What's your favorite NFL team?

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[–] [nowyourdoingit](#) SEAL [S] 2 points 1 year ago

It's true but you really have to do something over the line for them to pull you aside and go, "hey dude, here's the deal, you ain't ever going to be a SEAL. We'll kill you before that happens, so you should probably do the smart thing a quit now." The thing with BUD/S is the head games are well done. Sometimes an Instructor may actually not like you and you're getting the extra attention because of that, and other times it was just your turn, or they saw you do something they didn't like and are punishing you for it, but they'll have forgotten all about it by the next evolution. It's really hard to tell which situation is playing out. I pretty much spent a week of 3rd phase at camp stupid because my class leader told the Instructors he didn't like me.

I haven't had a team in years. I can't get excited about football anymore. It's completely vapid to me. I got paid ~60k a year to train my ass off, go through hell, risk my life. The idea that these dudes make that much a game for playing a game is an actual travesty. Fuck the NFL.

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[–] [JogaMimFora](#) 1 point 1 year ago*

I've been doing some research on Chris Kyle. It's pretty amazing how he's managed to win and hold over so many people in the *"support our heroes who are fighting for your safety and allowing you to talk shit about our country, you liberal media worshiping commie"* crowd. I suspect he knowingly dumbed the writing down in his book, as well as fabricated many occurrences to increase his audience's loyalty (e.g. extremely pro-killing, pro-war, finding WMDs,

blind patriotism- those are all polarizing viewpoints that many, many people share). He and his publisher certainly knew his audience. In the end, he's been able to get away with a *shit ton of lying*. It's almost unbelievable... and people still worship him like an untouchable God, defending him in any way possible, which I believe was the ultimate aim.

American Sniper is to date, my most favorite fiction book because of this. And I respect Chris Kyle, Luttrell, and Webb for actually perpetuating Chris's unverifiable stories. It's *amazing* and somehow, not so outlandish for me to imagine SEALs to pull this off. I admire the cunning that went into this marketing because now in some way, all three of those dudes are reaping financially. Because in our current state of affairs... selling people what they want to hear, versus the truth, sells.

Does it make them dishonest, selfish, and profiteers off lying? Yes. Does it make them rich? Yes. So, "fuck you, got mine." Do they care? Nope.

Despite all of this, I do think he had some good traits in him. Perhaps it was all a vehicle to support helping others, as so demonstrated via the gun range incident. I'm sure he was a good guy in many ways. But man...he really gamed the media.

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[\[-\]](#) [roho54](#) 1 point 1 year ago

This may sound like a stupid question but whats the point in signing up if i can't mow down some terrorists? What you said before is that 90% of TG never fire a shot at someone else or did i mis read that? BTW thank you for your service

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[\[-\]](#) [ImTheGuy77](#) 2 points 1 year ago

What exactly are you hoping he will tell you? It's everyone's own choice why they do what they do. He can't make that decision for you. If that's the only reason why you're interested, you probably shouldn't join as he has stated previously.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I imagine that just because you don't shoot at someone...doesn't mean you aren't doing something important. I'm sure there were plenty of instances in Iraq and Afghanistan where recon and direct action missions occurred and not a single bullet fired. Storm a house? No resistance, cuff, get out. Etc.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Back before the war 90% never fired a shot. It looks like it might go back to those kinds of numbers.

I didn't see much point to being there, so I left. I don't advocate it for most people because there isn't much of a point.

Definitely didn't do it for you, and I don't know how much of a service I provided, but thanks for thanking me.

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Just a heads up to anyone still following this, mark owen (or bissonette or whatever) is doing an AMA starting nov 5 at 3:00, should be good.

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[\[-\] JogaMimFora](#) 1 point 1 year ago

Oughta be an interesting cross reference fest. Thanks for the heads up.

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[\[-\] Nidkid](#) 1 point 1 year ago

I think I remember on the BUD/S documentary there were people coming back 3-4 times. Is that legit? Does that still happen? Why would they do that to themselves haha. I'm surprised the instructors let DORs come back even once.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

3 is the max. Most people only get 2 shots, but if there were mitigating circumstances then you might get 3. Had a guy in my class there on his 3rd go. He told me once he used to have nightmares about the Instructors raping his wife. He quit on circle of death.

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What the fuck, I guess some people really get psychologically scarred or that guy just has a fucked up brain, that's just blowing my mind right now, were the instructors ever so crazy/sadistic that you thought, "I could picture instructor so and so being a rapist". Ive never heard anything about BUD/S that actually made me scared until that. What did you even say back to that guy after he said that, silence?

Did you graduate with anyone who had previously DOR'd and was back for a second try?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I laughed at him. I think we all did.

There are some Instr I could imagine being rapist, yes. Not because they were especially sadistic or cruel, but they just had a rapey vibe. One I could imagine hiding outside a bar to club a chick and the other I would say was more of a laced drink kind of guy.

I only know one guy, I didn't graduate with him, but we were in the same platoon, who had previously DOR'd and successfully graduated. He was actually class honor man on his second go. It was a bit of a shock hearing he had quit and it does kind of color your perception of guys. We had a bunch, like 12, E4 and E5's who were returning after some time in the fleet. They all quit again, really quickly too.

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[\[-\] ImTheGuy77](#) 1 point 1 year ago

Did you guys ever use simunition in training?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We use a lot of sim, sarta, and even paint. Usually when we train force on force we use sim and the Instr use paint, because it's much more effective than sim.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hey, as you get older and presumably more mature how do you deal with people that you want to argue with and curb stomp? Like the sort of people that don't understand the Naturalistic Fallacy, think everything~ is subjective, and generally can't tell the difference between bullshit and dopeness. Also, communists and people who think they need to save the world when they can't even read a proper book let alone tell the difference between good books and bad ones. & last but not least people with no attention to detail / common sense.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I hate to say it, but as you get older, you care less. You gain an appreciation for your own time and space and a better understanding of how big everything is. If some fucktard wants be a fucktard, I simply don't have the time or desire to deal with them. 9 out of every 10 people on this planet is a waste of space, but you offer everyone as much humanity as you can in the hopes that you're dealing with that 10th person. When it's clear you're not, quit worrying and move on.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Did you find that you were more observant after training? Not quite paranoid but just at a state of vigilance.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Oh yeah. Attention to detail is driven into you in a huge way. Especially during BUD/S, you kind of live like an animal and your senses become more fine tuned. You've probably never gone into the wild for a month (which I highly recommend doing, by the way) and come back to civilization, but when you do that you notice how over saturated we normally are in cities. You'll notice every hint of perfumed product, and just overbearing noise. Your eyes will dart around constantly from all the motion around you. It takes a few days to get back to normal. Going into the wild is akin to getting your night vision. So there is a bit of that during BUD/S and SQT because you're spending so much time in rather austere kinds of environments.

The trained attention to detail is from drills that you do constantly. Boat races are an example from 1st Phase. You go out and back and then you have to stow everything exactly right and square your uniform away, shirt tucked, belt aligned, etc before standing inspection. If everyone passes you might win and get a break, but if

you miss a detail you'll cause your boat crew to fail and you'll get dropped for pushups and sent back on the next race. You stand inspections for swims, uniform inspections, room inspections, all to the nth degree of meticulousness. In BUD/S Prep and BUD/S too if I remember right, we had this rule that the tab of your canteen always had to point to the nearest body of water whenever you sat it down. For a few days you're doing the whole, "sun's over there and it's 10am so lake Michigan is that way." thought process, but it very quickly becomes second nature.

Funny thing happened to me the first night I ever went into downtown San Diego. We caught the bus over, and we got dinner, and we were wandering around and this couple asked me for directions to a restaurant. I told them I was new there and had no idea where it could be, and they said, "It's supposed to be on the water." and I instinctively pointed over their shoulder and said, "waters that way." I couldn't see water, I had no idea where I was, but unconsciously I had been keeping track of my turns throughout the night and knew exactly which direction to head to get to water.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

"Your eyes will dart around constantly from all the motion around you"

About two years ago I was living right outside of the city and for the next year buckled down super super hard on art, like I was making music literally all day without even thinking of food, and drawing till I fell asleep: granted all of it sucked till I hit some major check points BUT I was paying so much attention and putting out such a high volume that ever since, every time I go out into cities or even marginally crowded places the level of information is straight up overwhelming. Especially cause my ears were so trained from producing literally I was able to read exactly how far away everything was from me by how the sound of people's foot steps changed and i tried this thing once where I blindfolded myself for a while and walked around my house and I could just pick up how the space was changing through sound. Now I've learned to accept it and don't produce as often but goddamn going to restaurants was nerve racking for the longest time. Like you pick up everyone's voices as a collective, then individually and then you can tell everyones emotions from the changes in timbre, so then everytime someone would get excited my nerves would flare up cause I'm generally mistrustful of crowds. Idk all this was another reason I thought I'd make a good SEAL lol

Oh yeah I think I read once that whenever you did push ups at BUD/S you were supposed to face the ocean. That's wicked cool that you had that sense of grounding. Thats something I've never been able to do. Hell, I remember getting disoriented getting off an escalator in the mall. I'm excited to pick that up

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You know the feeling then. To get good at that sens of direction just takes constant practice. Pick a landmark in town and keep a mental note of where it is in relation to you at all times. You start to do it as second nature. I get lazy and distracted and turn terrible at directions very easily, so it's something I work at.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

That's cool, I used to do that in Boston with the Pru but I should start doing it everywhere.

Also, you describing 9/10 people as a waste of space made me realize that "hollow" is exactly the way to describe them, so thanks for that. Things are easier to accept when you've got the language to describe it.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

One of the best things about reading philosophy is finding someone who has had the same thought as you but in a clearer way. Clarity of thought and clarity of language go hand in hand and there's a whole school of philosophy that believes that if we just clarify the language, all the thought problems will solve themselves. And things are always easier to accept when you understand them.

Don't go writing any manifestos about "hollow" people and blowing yourself up though. I feel like a lot of rampage killers get stuck at the "most people suck" realization and never get past it to the, "but there are enough good ones, and even the ones that suck often have potential part, and so everyone deserves a chance at life and happiness."

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

Oh, no way bro. I get it. Like the reason people are hollow is cause they've never had to earn anything. Like if you've never had to see a goal through to the end you're not going to notice important details, and you're gonna get hung up on the excuses. I don't see myself as an exception, which is what I think the misanthropic types do, I just see myself as a niche within the framework (and hopefully will die on the cutting edge of the zeitgeist) . Not to mention I'm actually wicked social when I'm not overly focused on something, so I don't have to want to hurt people arbitrarily. (I think the serial killer types are probably just social outcasts with marginally shitty lives, cause if it was wicked shitty they'd have to rise above it and if they were "normal" they'd be conditioned to social mores, but in that grey area is probably where they come from.)

Saphire - Worf theory right? Language forms thought rather than observation produces theory. For me it's just that "knowing" something is a certain way is fine because I tend to understand things visually, like if I can imagine it I know there's a way to verify it, but I am a pretty social person and having to say "well there's just nothing there it's like there's details that don't amount to anything and it's all surface treatment and sometimes when I look at you I see nothing going on in your eyes and the things you say are rhetorical and vacuous and don't actually relate to anything" is a lot more effort than just saying "well that band is hollow, that art work is hollow, you're hollow, listen to Brahms, look at Kandinsky and read some Neitzsche". It's like a hashtag almost lol.

I'm also too talented to wanna die

Edit:

I have also written many manifestos, most of them are just rephrased Nietzsche when I had too much time on my hands though so.....

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

"...too talented to wanna die"...I'm using that. I might name my autobiography that...

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Did you have a fear of heights before qualifying in HALO/HAHO jumps? How was your first jump?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago*

I did and still do have a "healthy respect" for heights.

I did a tandem for my 18th birthday, so I had an idea of what freefall was like. My first AFF was a blur though. Just woooooo!!!! all the way down. Very quickly you start to gain a bit of control and cognition of what's happening.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago*

Excuse me if this sounds incredibly ignorant but I really have no idea how skydiving works. If your main chute and backup chute malfunction and don't deploy for whatever reason, is there anything you can do besides say your prayers? Since you guys dive in groups, would it be possible for a fellow diver to 'rescue' you in any way by latching you to himself or would that be too much weight and you'd be going way too fast? Thanks

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You have a main and a reserve parachute. The odds are pretty slim that you'll have a failure with your main, but it does happen on occasion. Anyone with 1000 jumps has probably had to cut away from a main. The reserve parachute is designed to deploy faster and more directly, so less comfortable but also less chance of something going wrong during deployment. It's also packed and certified by a professional, most people pack their own mains. The odds of having a problem with your main, having to cut away, and then having a failure with your reserve are astronomically low. Most deaths are from human error.

Being rescued in free fall isn't a real possibility. Travis Pastrami did it as a stunt for redbull with trained professionals and the whole thing planned. In real world non staged scenario, you want to be far away from each other by the time you reach the planned pull altitude. Deployments are violent and chaotic, and you don't want a bunch of them occurring near each other or people will crash into one another. Now if you're asking if you could do a Point Break, the answer is yes. If you wrap your arms through a harness and get a good grip you could have two people ride down the same chute.

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How many jumps did you do while you were in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Log book is packed away but I think you do about 25 at jump school. I didn't do another free fall in the military the rest of my career. Every time they planned one, either weather came up or we were busy doing something else. I did one static jump. You're supposed to jump with the military at least a few times a year to stay current. You're also expected to go out and jump on your own if need be, but my attitude was that if they wanted me to be current they would afford me the opportunity to jump. Some of the places I was, the nearest DZ was an hour or two away, and cost \$25-50 bucks to jump.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

That's good to hear that they have a professional packing your reserve chute. I went back and reread this entire thread and it really blew my mind that with how much our country spends on defense they can't even provide our nation's most highly trained operators with new guns and equipment. Remember you said they'd provide old rusty pistols , that you'd have to come in on the weekends to sew up slings and what not, and you'd have to provide your own ammo if you wanted to train on your own. Also you're working with the same gear as local SWAT teams. Literally was shaking my head when reading over that

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You know how we all look at large companies and roll our eyes that the 'C suite' get's so much of the money while the people doing the real work get so little. The DOD works just like that. The lady who handles the contract to make our doodads is going to make a lot more than we ever will. The guys in charge will allocate 800million here or 2 billion there without even blinking an eye because that's taxpayer money going into some private company which will create jobs or support their supporters or maybe even line their own pockets when the corruption is more overt, but once that money is allocated, it has to pass down through several levels before it gets to the guys doing the job, and at each level they try to get their cut. It's a really bad, corrupt, inefficient, and wasteful system. And a soulsucking thing to be a part of.

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[\[-\]](#) [kcolrehs](#) 1 point 1 year ago

PM'd.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did you find there to be more introverted (quiet professionals) or extroverted (loud, boisterous) SEALs or a pretty even split? In your opinion, who were generally better operators and teammates if you could say?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I found it to be pretty even. The personalities of course always stand out so even if you got 10 quite guys in a room,

everyone remembers the 2 loud guys and attributes that to the whole group. I can tell you that if you ever find yourself in a bar with a few actual SEALs, there's a good chance two or three of the other guys in the bar quietly eying the place are with them as well. A lot of times guys who are naturally quite will "turn it on" when everyone goes out because that's what you're doing, you're partying with the boys, so fucking party. I got a good buddy who rarely drinks and doesn't go out much even though we invited him constantly...bout once a month he made it a point to make an appearance and was always lively and charming, taking shots while doing handstands, dancing, and putting on a show, but none of that was actually very interesting or fun for him. It was just about creating a good vibe for the group.

I didn't notice any bearing of personality on aptitude. I tend to think the quite guys are probably better teammates in a lot of ways but they don't get the recognition because they're not showing off. I guess I'd rather work with the quite guy because that matches my personality, but I'm totally happy working with a big personality who's good at his job as well.

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Bissonette is doing an AMA on Wednesday at 3 PM, you going to ask him a question? What would you ask him?

<http://www.reddit.com/r/IAMA/>

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Probably not. If we were having a beer together I'd ask him how he liked DN and if he had any good green team stories and if he knew so and so. Probably not things he'd want to ramble on about on reddit.

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[\[-\]](#) [Dragonkilll](#) 1 point 1 year ago

Do you think a lot of team guys use reddit?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Probably. The Chive was popular before it jumped the shark.

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[\[-\]](#) [Dragonkilll](#) 1 point 1 year ago

Thanks, I know there is an AD guy in the navyseals sub who answers questions.

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[\[-\]](#) [probststats](#) 1 point 1 year ago

I'm curious... are steroids, PEDs, etc. encouraged in the armed forces? I'm unsure why they wouldn't be unless they are deemed unsafe. Not sure what the current information based on the safeness of these drugs are at the moment. Thanks again for answering questions, been very informative.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They're illegal and highly discouraged by the DOD because of legal implications. You're supposed to wear a reflective belt when you walk at dusk like you have down's syndrome, so the same organization that mandates that isn't going to give the nod to self administering hormone therapies. That being said, like most things in the military, there is a huge disconnect between the guys in the offices in the Pentagon and the guys out on the ground. Steroid use is hugely prevalent, especially on deployments when guys will pay locals to run off to Pakistan and buy a few thousand grams of x and y to distribute around the FOB.

Generally speaking steroid use is as safe or unsafe as the source of the manufactured drug and the responsibility of the person administering it. Used responsibly, and with pure unadulterated compounds steroid use is an effective and safe medical treatment. Part of the negative perception around it is twofold, the common man's view as a sports enhancer where it's viewed as cheating, and the medical professional's view that where it's seen as a vanity therapy except in rare situations. Med prof are mostly of the opinion that their job is stop illness, not maximize health. If you tell your doctor that everything is working fine but you really want to hit a 500lb backsquat, they're going to roll their eyes and tell you to go fuck yourself, because they see no value in that, for the most part.

You're welcome.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

On that grinder pt workout you gave, I was able to find explanations for most but a few.

Standing twisters Standing sidestretch Sitting twisters Sitting knee bends Back rollers Trunk rotations

I think I have an idea what a couple are, but just wanted to make sure.

Looking forward to throwing this in our routine

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

How does your relationship to some of your good team guy friends compare to other relationships you have? (family/spouse) Would you say the bond is stronger?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Different. Like cousins, some of them are like brothers, but we're all family.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

In the documentary on BUD/S class 234, they have to do an evolution where they had to tread water with full scuba gear on for 5 minutes, without using their hands. So my question is did you have to do this or something similar? If so, can you describe it?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Tank tread. Yep. It's 5 minutes, hands out, 12lb weight belt and twin 80 steel tanks filled to 1000psi (i think). Old school duck or jet fins only. After 5 min you swim a 50m without touching the walls and then you're done. It sucks

with the wrong your, if you get the right style of treading then it can be fairly straight forward. When you come up you bring the tanks out of the water and gravity pulls them back so you get into this yoyo affect where you're being pulled under, fighting back up, gasping for breath and repeating. It can be 5 min of active drowning.

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[\[-\]](#) [Dragonkilll](#) 1 point 1 year ago

I heard the tanks are neutrally buoyant so the key is to sort of lean back a little, is that true?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You want as much tank weight in the water as possible to maximize the buoyancy, anything above the water line (top of tanks, manifold, etc) is negative weight for you to hold and a potential source of downward momentum to pull you under. If you do the straps just right you can have the tanks placed correctly low on your back but still tight enough they don't bob up and down. Something the rollbacks in your class will be walking everyone through.

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[\[-\]](#) [HoleInTheAir](#) 1 point 1 year ago

I've read you shouldn't have a second option, and I've also read you should join the branch first, then pick your SOF. I would MUCH rather be a Marine than in the Navy, but I'd much rather be a SEAL than a USMC Officer. Thoughts on that rationale?

If I join the Navy, I'm going enlisted and will try to be a SEAL. If I join the USMC, I want to be an Officer, and hopefully transition into a career in the one of the three letter agencies afterwards. Not to say that I couldn't do that with a background in SEAL and a college degree.

Curious what your thoughts are?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You're better off as an O for federal work later. Don't have a 2nd option. Do join the unit not the branch, but realize that whichever unit you end up in you're part of the DOD, so you play by Army rules.

Being a SEAL and being a MC O are two very very different things. The latter is, well in my experience, mostly filled with shitheads.

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[\[-\]](#) [KommandCBZhi](#) 1 point 1 year ago

Were there any specific rules as to what could be on morale patches?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nope. Anything went. Actually, we had to get rid of some communist symbolism on a platoon hat, or we were supposed to be we didn't.

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[–] [Nidkid](#) 1 point 1 year ago

I've never been the type of person who gets things done right the very first time.. At BUD/S what's the learning curve like?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Crawl, walk, run. You'll hear it a hundred times because it's how SEALs do everything. The DOD assumes you can't wipe your ass or brush your own teeth (literally, you get classes in bootcamp). SEALs are basically the same way but with a steeper curve. You'll get shown, with the assumption being you've never done it before, and then you'll have a learning phase, and then you'll be expected to perform. I found that the curve was usually too slow for most things, but some people take a little longer. Like I said, I knew SEALs who were nonfunctioning adults, couldn't open a bank account, or fuck, just about anything without help, but they made it through just because they followed instructions.

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[–] [Nidkid](#) 1 point 1 year ago

That's good. Anytime paperwork (/anything bureaucratic/step by step/we're going to make your experience into a turn based video game) is in my life she robs me of my time and screws me on a technicality. As long as I have the time to reinforce the minutia I'll be fine.

Can't even spell bureaucratic. Thanks siri

On the other hand the big motor skills I'm great at so who cares if I can't spell I'll learn to shoot faster than the next guy \m/

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[–] [est8s](#) 1 point 1 year ago

Thanks for doing this!

Have you met any guys from the NSW DEVGRU during your service and if so, did their attitude significantly differ from non-DEVGRU SEALs?

2nd question: did you end up diving a lot once in the teams?

Last question: thoughts on the Act of Valor movie?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 3 points 1 year ago

Yeah. If you're in VB you'll run into current DN guys frequently, plus there are plenty of former dudes who are back in the vanilla teams for a variety of reasons (often family has become more of a priority and they've opted to go do a vanilla instructor role or platoon chief). I've had a couple of opportunities to work with them and in general their attitudes aren't that different but their professionalism at work is. I'm sure it's all relative, and most people that watched a vanilla platoon brief would think we were super professional, but for us, it always seems slapstick and shoddy, and "who's doing this? and what's happening here?" kind of a thing, vice DN where their brief was "I execute blah blah blah, Rick can take it from here, Rick.." "I execute balh blah blah." 5 minutes, covered everything with no bullshit and no extraneous umming and ahing. It's just a different corporate culture. It's Fortune 500 board room vs business school. It's the same guys ultimately, but in the latter case, with less experience and with less pressure to be

at %100.

I did, I did some specialized diving work though, most TG's will dive for about a week or maybe 2 a year. Often times they'll go to Key West as a Platoon and make the new guys do all the diving while the older guys go drinking.

Total shit. Navy propaganda of the worst kind. Frankly, anyone who wants to wave the Ethos around and talk about silent professionals, when the highest level leadership signed off on that abortion....garbage.

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[\[-\]](#) [est8s](#) 1 point 1 year ago

Thanks for the reply!

Have you ever ambioned trying out for DEVGRU yourself? You'd think that every SEAL would (want to) try at some point, considering the sort of 'stereotype' the books and documentaries present, that is highly competitive men who push their boundaries and always give their very best.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Going to devgru is more about experience than talent. I was lacking in experience and I would have had to re-enlist in order to get a shot to go to DN, so I opted out instead. I would have loved the opportunity to work at that level, but it was definitely not a sure thing that I'd even get the opportunity, let alone get though selection, and I just wasn't willing to give up another 4 years of my life waiting to see.

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Dude, have you watched the whole movie? I watched the trailer a few days ago and it made me want to shoot myself, the fact that the Navy approved of that bullshit movie just shows how disconnected leadership is. Were there any flag officers that you or other SEALs liked? I almost want to watch that movie just cause its probably hilarious.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I watched it all in theaters with my platoon. We were pretty drunk. It was atrocious.

I honestly can't say I've met a single flag O in any branch that I liked or admired. I've met a few O6's and down that I liked but not a whole lot. Again, it's all politics, that's why they're giving Bissonette and "the shooter" heat for talking when they're totally ok with making movies. As long as the message is one they control they'll sell out the Teams as fast as anybody. All the actors in Act of Valor were BUD/S Inst, for the most part who should have been going back to do Platoon Chief roles but they got pimped out by the navy. That's active duty guys making a hollywood move and they're cool with that, but retired guys talking to the news or writing books is somehow a violation of our core principles. Bullshit.

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[\[-\]](#) [Bleugrais](#) 1 point 1 year ago

What are your thoughts on General Mattis?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I never worked for him or met him. He's highly quotable and sounds like a troops general but my suspicion is he's as full of shit as the rest of them. People don't seem to realize that you only get to the rank of General by playing ball. You're promoted from within by the same scuzzy politically minded sycophants that have threaded that quagmire before you. You play a role, and you get to keep paying that role as long as it's in accordance to the politicians holding the reigns. MacArthur is probably the ultimate example of a troops general, and it just took one sidestep out from under the fold to get him "retired."

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[\[-\]](#) [OsamaBinBalling](#) 1 point 1 year ago

What are the teams overall thoughts on Bissonette?(and "the shooter" now I suppose) The AMA Matt did yesterday went to shit pretty fast with guys calling him a sellout and a traitor. Do most SEALs feel the same way?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't think so. I feel like there might be a bit of a generational gap. Some of the old guys are really all about the secrecy thing, but a lot of the newer guys have watched as we've been watered down and sold out to expand the scope of NSW and we don't feel the same kind of loyalty to those principles. You don't drop the 'S bomb' to get laid, but other than that, meh.

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Yeah man its a shame what the Navy is doing to Bissonette, he did an AMA and there are literally guys saying shit like "I was an an ODA in the late eighties and I never said shit about the things I saw, I hope the next seal you see knocks your teeth out" and "How can you sleep at night knowing you sold your going to get your teammates killed by writing that book" its a lot of nurses telling the surgeon how he fucked up... there sure are a lot of tough guys on the internet, its one of those things that makes you sad about people in general, theres just a lot of shitbags out there. Have you ever been told by the Navy what you can and cant do legally as far as writing a book about your experiences in the Teams? Bissonette said he wasn't aware that he had to get his book cleared by the Navy before publishing I'm curious if that's possible for him not to know that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Wow, just skimmed the AMA. Total joke. Shame he didn't get more real questions, though it was probably just a promotional stunt. The hate current is totally coming from wannabes and nobodies, guys who hate to see their ideal torn apart.

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Yup total fuckin joke, over at SEALSWCC on the forum theres a bunch of shitbag kids talking shit on him and quoting that ethos bullshit, theyre also talking shit about that Robert Oneill. No shit one kid was like "why did he get out after 16 years why didn't he just do 20 and get a pension". Shitbags like that make my blood boil, Bissonnette and Oneill have been in more firefights than those shitbags have had hot meals and kids in high school are calling them pussies for wanting to be with their family and be done with deployments. I hope their BUD/S instructors find those comments. Ever been on the SEALSWCC forums? If you haven't probably don't look, itll bum you out.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I looked at them when I was at BUD/S Prep. They did a thing back then when the mom's for the class in 1st phase would share gossip and news on there and it was a way (not a good one but the only one) to kind of see what Phase was like at the most up to date. Things like, "My son told me they lost 6 more today during drown proofing." or stuff like that. Pretty much a waste of time then and I'm sure even more of a waste of time now.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The things I wasn't told by the DOD could fill a warehouse. I've signed so many forms stating what I can and can't do and forfeiting rights and so on, and it all makes the apple terms and conditions look like a handshake contract by comparison.

Bissonnette probably had zero idea he needed it to be cleared.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. If you're in VB you'll run into current DN guys frequently, plus there are plenty of former dudes who are back in the vanilla teams for a variety of reasons (often family has become more of a priority and they've opted to go do a vanilla instructor role or platoon chief). I've had a couple of opportunities to work with them and in general their attitudes aren't that different but their professionalism at work is. I'm sure it's all relative, and most people that watched a vanilla platoon brief would think we were super professional, but for us, it always seems slapstick and shoddy, and "who's doing this? and what's happening here?" kind of a thing, vice DN where their brief was "I execute blah blah blah, Rick can take it from here, Rick.." "I execute balh blah blah." 5 minutes, covered everything with no bullshit and no extraneous umming and ahning. It's just a different corporate culture. It's Fortune 500 board room vs business school. It's the same guys ultimately, but in the latter case, with less experience and with less pressure to be at %100.

I did, I did some specialized diving work though, most TG's will dive for about a week or maybe 2 a year. Often times they'll go to Key West as a Platoon and make the new guys do all the diving while the older guys go drinking.

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[\[-\] roho54](#) 1 point 1 year ago

This may sound like a stupid question but whats the point in signing up if i can't mow down some terrorists? What you said before is that 90% of TG never fire a shot at someone else or did i mis read that? BTW thank you for your service

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

That 90% figure was a guesstimate of life in the Teams during peacetime. It's probably almost back to that level now, so yeah, there's not much point if your goal was to kill radical Islamist.

Appreciate the thanks, but really, don't mention it.

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[\[-\] Nidkid](#) 1 point 1 year ago

?!

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[\[-\] hzucker](#) 1 point 1 year ago

Hello! Read most of the thread, great stuff!

Have you heard of people successfully applying Cmdr Mark Divine's SEALFit philosophy before BUD/s? I am reading his book "8 weeks to SEALFit" and am curious if his tactics are accurate and valid.

Also, have you read his leadership book 'The way of the Seal'? It seems solid, but is that kind of leadership seen in the SEALS or is it just his view?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I haven't read his leadership book but his SEALFit stuff is pretty solid. Some of his program is clearly geared towards the masses.

I would be hesitant to follow the advice of a SEAL leadership book. A lot of the time SEAL O's are terrible leaders, and most of the actual leadership occurs at the E5-E9 level. You tend to get the book version of leadership and not the real deal.

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[\[-\] Nidkid](#) 1 point 1 year ago

His Kokoro camp grads who go to BUD/S have something like a 98% success rate..

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Is that true? Would you be willing to post the link that you found that stat on, ide love to read that article? I live like 10 minutes from here he does that Kokoro thing, too bad its \$1700?

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[\[-\] Nidkid](#) 1 point 1 year ago*

I'm positive it was right up on their home page. Like >90% for the guys who actually made it through cause even his camp has a pretty abysmal attrition rate. I'll look for the banner again but it was one of the ads on the website.

But hey if you live so close by just go in and ask them. Cause I remember the image vividly I just can't find it.

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

Yeah I feel like I remember seeing a figure like that on their website a while back, I just couldn't find it now. Im pretty sure his camp has a super high attrition rate, something like 80% if my memory is correct.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

"HOW DID THE DECISION TO START SEALFIT COME ABOUT? When I got out of the SEALs and into the reserves, I needed to keep my body and mind fit because I could have gotten called up at any time. I'd train up to three times a day: running, swimming, yoga, CrossFit, strength training, you name it. I was juggling so many gym memberships that I finally thought, "Screw this. I'm going to start training myself and integrating the best of the different methods I've learned over the years." I have 25 years of experience in martial arts and 15 years in yoga, so I just started to pull together this integrated approach. I had also already started a website called NavySEALs.com, where I mentored a lot of SEAL candidates who were hoping to enter the program and succeed. In 2006, the Navy recruiting command hired me to launch a nationwide mentoring program for the SEALs. So we hired 35 former SEALs to go out into the different recruiting districts nationwide to serve as a point of contact for all the recruits. In 2007, I launched the SEALFIT training center in Encinitas, California, and I affiliated it with CrossFit. I began something called SEALFIT Challenge Camp, now called Kokoro Camp. We were getting our guys through SEAL training at more than a 90 percent success rate. Some civilians asked me, "Hey, that looks really interesting, are you just training spec ops candidates?" So I created a separate track for civilians."

<http://www.bodybuilding.com/fun/get-sealfit-q-a-with-mark-divine.html>

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[\[-\]](#) [\[deleted\]](#) 1 point 1 year ago

Thanks for that dude, I knew I read that somewhere, that's a pretty crazy high success rate, I wish I had \$1700 to spend on that being so close and all.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Yeah no kidding but I figure if you're someone who was gonna pass his camp anyway you probably will do good at BUD/S so there isn't really much more to be gained.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I wouldn't put too much stock in that 90% success rate. I only knew one guy who had done

anything like that and he quit right away. If his methodology was actually that successful, the Navy would be using it at BUD/S Prep. I hate to talk bad about things like SEAL Extreme, and Kokoro, but I think if you're serious about being a SEAL, doing the fantasy camps should feel weird to you.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

How many guys do SEAL reserves after they leave active duty? When in reserves, do the guys get full incentive pays? (Jump, demo, etcetc?)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I couldn't say. None of my friends have and it seemed like most the guys I met in 11 and 17 (the reserve Teams) were older dudes, like late 30's and up, so it seems to be guys who got back in to fight the war and guys who have been out for a while and want to hang out on the range and go shooting. I don't know how pay works for them. I think they get it prorated for when they actually work maybe? No idea actually.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Here's a quote you might like.

We're the only species who follow unstable leaders. This is true - it has little to do with America - around the world, pack leaders are unstable. Animals don't follow that. -Cesar Milan, dog trainer

That said, what do you think makes a good leader?

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[\[-\]](#) [autowikibot](#) 1 point 1 year ago

[Gombe Chimpanzee War:](#)

The **Gombe Chimpanzee War** (also known as the "**Four-Year War**" of Gombe), lasting from 1974 to 1978, was a violent conflict between two communities of [chimpanzees](#) in [Gombe Stream National Park](#), in [Tanzania](#). The belligerent groups were the [Kasakela](#) and the Kahama, which occupied territories in the northern and southern areas of the park, respectively. The two had previously been a single, unified community, but by 1974 researcher [Jane Goodall](#), who had been observing the community, first noticed the chimps dividing themselves into northern and southern sub-groups. Later [computer-aided analysis](#) of Goodall's notes would reveal that the social rift between the two groups had been present as early as 1971.

[Image](#) ⁱ

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Reluctance to lead. Anyone who seeks out the position should be held with some skepticism. You want a leader like a scientist, "I think I know the way, I might be wrong."

Empathy. You want a leader who can understand problems from multiple levels. Otherwise you just have a cog and a task delegater.

Vision. You want a leader who brings something more to the table than the rest of the team. Someone who actually does potentially know a better way, or at least has the judgement to see what works and doesn't.

Hard work. Point man in a platoon is going to walk twice as far as everyone else because he's checking each path at the fork and running forward and backwards to keep everyone going the right way. You want a leader who is willing the quietly do that extra work to make life easier on the rest of the team, and you expect that the rest of the team is trying to pay each other back.

I could probably think about this more and give you a real good clickbait article "Top 10 leadership traits of a Navy SEAL", but those are the first things that come to mind when thinking of the good leadership I've seen.

Those characteristics inspire confidence, and confidence feeds the team.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

Thanks, I enjoyed that.

In my experiences, whenever I had a leader I liked, it usually had to do with a job that had a lot of autonomy or where the leader wasn't a douchebag about having things done "their way."

Do you think you would have made a good enlisted leader / Chief?

What about OIC, CO, etc and above?

Or would you be reticence... but given the opportunity you'd be confident you'd do a good job type of deal?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I would have been terrible. I would have been good for the guys working for me, but a nightmare for the command. I pretty much only fit at the bottom or the top. Playing both sides in the middle doesn't work for me.

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[\[-\]](#) [jham91](#) 1 point 1 year ago

Can you let me know if foot coordination is important for BUD/s or the SEALs? I am not to good with foot agility drills that the SEAL mentor tries to make us do for a warmup, and I can't really do gymnastics exercises. I mean I am not uncoordinated, I do trail runs all the time and never trip/ always regain my balance before falling. SEAL mentor has

never to to BUD/s so they have no idea though, just a recruiter. Thanks in advance

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Your SEAL mentor isn't a former TG?! WTF? Do you have another actual mentor who you just haven't meant in the area? The recruiter is not the same as the mentor.

It's important but it's something you can practice. You don't need to be Fred Astair to do a proper entry, but if it's something you're worried about, play some soccer on the weekends, or take up tango lessons. Tango lessons are boss actually. Teach you how to creep really stealthy.

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Quite a few of the districts don't have mentors that are former SEALs a lot of the time they're former rescue swimmers or EOD guys. Kinda weird

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That is weird. I knew that they had some big districts, where one mentor might cover like a state and a half, and only see guys once every couple of months, but I thought everyone on a SEAL Contract was still able to get with a SEAL before shipping off. They're probably just watering it down again.

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[\[-\]](#) [sonsta](#) 2 points 1 year ago*

It's common. Mine is not, in a relatively large region.

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[\[-\]](#) [thecod](#) 1 point 1 year ago

i have slight tendinitis in my ankle would you recommend i let it heal completely before going back to PST again or try and get a contract and hopefully it heals by the time i get to BUD/s?

second, if you can answer, how often to SEALs operate outside the middle east and africa, like say south america, or the Philippines?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You're going to have a lot of small injuries during training, so it's going to be something you have to get used to. I wouldn't let inflammation slow me down. RICE and plenty of stretching and keep pushing forward.

There are occasional small ops outside of the middle east, but they're less frequent and often those deployments are more about filling time than really working.

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[\[-\]](#) [thecod](#) 1 point 1 year ago

Another question, i saw on video they place a bag over a guys head then remove it and he had to fight off 2 guys and shoot another, is that the type of training that hones your reflexes? does it work?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

It's called the 'box'. It's a drill done during our CQD? training. It's hand to hand and weapons defensive training. It works. It's designed to teach you to react appropriately to a rapidly changing situation. More about situational awareness than reflexes really. You have to read and react quickly, and that involves a thought process. Some times the hood comes up and there's a guy right in your face asking for a cigarette or calling you a fag. You don't hit that guy. Sometimes he's got a knife and you try to deescalate the situation but then have to quickly disarm him. Sometimes it's a group of dudes already punching you by the time the hood comes up and you fight them off but more guys come in with guns and you have to draw and fire on them. It's really great training. Cops should do it.

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[\[-\]](#) [thecod](#) 1 point 1 year ago

that sounds like a blast, defiantly something id like to try, anyways thank you for answering my questions if i think of any more ill ask if you are still answering

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

So when you started this you said your girl was in oil and you were looking to transition into finance or resources to be with her. What are you currently doing and what is your "dream" job right now?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Still unemployed and looking. Part of that is due to my lack of corporate experience and part of it has to do with work visa issues. Even applying for companies in the US has been rough. Dream job is Frontier Resource Group. Prince's P.E. firm focused on security and resource development in Africa. I'd be good at that, and it's something I'm passionate about, and a perfect melding of high finance and tactical smarts.

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Work visa issues? Are you trying to find work in another country or multiple other countries? Just out of curiosity how long have you been looking for work, and how long since you left the Navy?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Multiple other countries. The predominate issue is my CV doesn't match what anyone is looking for. I haven't done any of the normal career checkboxes for the corporate world. I've done the exact same things but under the DOD, they just have different titles and that confuses and befuddles hiring managers. Also, outside the US, no one gives half a shit that I was a SEAL. If anything they look at it as a negative, like you'd probably look at

hiring a grungy ex-spetsnaz guy. "Uhhh, how do we know this guy isn't going to flip out and kill us, seems like more of a liability than an asset."

I've been out about 18 months now. I spent the first 12 months out traveling and climbing. Been seriously looking for work for the past 6 months.

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Yeah that's gotta be the worst part of the military and leaving the military that employers basically look at you live you haven't done shit in the past 6 years. Any reason for looking for work in other countries? Are you considering going back to school rather than finding employment right away? Rock climbing or like mountain climbing, I just started rock climbing over the summer, its so goddamn fun I wish I started earlier. Anyway man good luck with the job hunt Im sure something will pan out soon enough.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

My woman is doing the expat thing, so I'm trailing her. School is an option but not my preferred one. Mountain climbing. Keep up with the rock climbing and when you get a chance parlay that into some mountain climbing. Thanks, don't worry about me, I'm a survivor.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago*

You should look into USAA based in San Antonio, TX if you hadn't already. They have an equity/investment division and the company was founded by former vets. I know for a fact that they hire former veterans as well. It's the company that advertises their insurance nonstop during NFL games

In 2010, USAA was ranked 45th on Fortune Magazine's list of the "100 Best Companies to Work For". In 2011, USAA moved up 28 spots to 17th on Fortune's list. USAA has also been recognized for many years as one of the 50 best corporations for career advancement for Latinas in the US. It has been recognized as a "Military Spouse-Friendly Employer" and has also been recognized by GI Jobs as one of America's best employers for veterans and reservists.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Thanks for that. I'll check them out. I've been banking with them for years and have always thought they were a solid company. Good insurance rates and a leader in online banking.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

You said earlier that you didnt want to reenlist just for a chance to go to green team that not have happened anyway. My question is, if you were guarenteed a spot in green team (assuming you pass), would you have reenlisted? So basically we you have reenlisted if you were guarenteed a spot in DEVGRU?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Guaranteed spot at DN, of course I would have reenlisted. I may not have ended up staying after that enlistment but I would have gone to DN in a heartbeat. I probably would have stayed in if it looked like I had a high chance of going to green team in the next 2 years.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

How exactly does one "qualify" for green team? Is it more of an experience thing rather than skill? Is it uncommon for someone to go to green team immediately upon their first reenlistment? Does anyone ever go during their first enlistment?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The standards change but I think it's something like 6 years and E6. I know you can't go if you're a second platoon Chief but once you've done green team it sounds like you can just transfer back and forth as long as you're wanted by the squadron command. You hear about guys going pretty early but it's uncommon. For most guys it's on the second enlistment. Again though, these are their standards and they can pretty much do as they please, and it's not super transparent for everyone what they're doing.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

On a scale of 1-10, 10 being very well rounded in most job related skill and attitude, and 1 being a POS, what would you honestly rank yourself as a SEAL?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

8. I was pretty good at my job. At my specific role I was one of the best, but I was inexperienced in a lot of aspects of the job. For instance, I had never done a full mobility ops training package and I couldn't even tell you what our new dune buggies are called. I had my strengths and my weaknesses, and I worked on my weaknesses.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

You say at your specific job, you were one of the best. How exactly are specific jobs given out? Do you choose your field or is it just given to you? Also, what are all of the main "jobs" operators get? By the way, if you're tired of answering all of my questions, let me know, because I think of something new everyday to ask haha.

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No worries.

I volunteered and then was considered good enough to fill the role. For the most part that's how it goes. They'll look for volunteers and or select people. Often times guys just fall into a role because someone needs to do it. John goes to comms school because there's a seat open and he

isn't needed for anything else, when he gets back John becomes the comms guy. He'll probably be the comms guy for the rest of the Platoon unless someone else is better at it and takes up the mantel or he screws up really big and gets fired. By the time he goes to his next Platoon he might have had another school and he could be the air ops guy.

The main jobs are either leadership roles or department heads. On an op you'll have a role as well but that's usually more fluid and flexible and dependent upon the specifics of the op than the day to day work. The main leadership roles are LPO, Chief, SEA, CMC. The main departments are 1st Lt., Ordinance, Comms, Intel, Air ops, Diving, Admin.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Do officers go on ops just as much as enlisted SEALs or are officers pencil pushers? Do officers get all of the same training as enlisted? (Schools, etc)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

For the most part yes, at least early in their careers. The O's are usually in the back on assaults or even outside with the vehicles though, as their role is C2 and not gun fighting. Pretty quickly though they'll find themselves essentially behind a desk. They also don't often go to all of the schools as the E's do, like sniper and breacher are rare for an O to attend. I'm not sure if it's unheard of, but it's definitely not the norm.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

So I've asked this one on the sealswcc forum but haven't ever got a definitive answer, so maybe you can help. So the website says the eyesight requirements are: UNCORRECTED 20/70 in worst eye and 20/40 in best eye, while they must be correctable to 20/25. So my question is....Is the 20/25 talking about with glasses/contacts or with lasik/prk? Someone on the forum said that if you get surgery, your acuity after the surgery is your new UNCORRECTED vision, but if that were the truth, what is the correctable even for? Also, I don't even know if SEALs can wear glasses or if you can bring glasses to BUD/s.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Correctable with lenses. They're right that your post surgery becomes your uncorrected vision.

Correctable is because your vision needs to be ok enough without glasses that you can get from point A to point B, but when you have glasses or contacts it's at least close to average. You can absolutely wear lenses while a SEAL and plenty of guys do. From special Oakley shooting glasses to contacts under your dive mask, guys wear lenses all the

time.

You don't wear glasses in 1st Phase, but you don't need to see anything in 1st Phase. In second you'll see guys with them, and then by third phase they're getting Rx shooting glasses or at least the clip in lenses.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Just to be clear, you're saying that when I get situated and go to MEPS for my med exam, I use my glasses to test? Or do you test both with and without to qualify for both the uncorrected and corrected standard? Sorry

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You'll test with and without. They want to know what your base vision is, and that Rx can correct it to a high enough level. One you get PRK or LASIK, they'll have you retest but the odds are your uncorrected vision will be more than good enough to need a Rx.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

If an enlisted SEAL does a 20 year career, do they remain an operator all 20 years?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That is very very hard to do. The plan from the top is to have you fill roles like Instructor or Chief throughout your career, and these are often non-operational roles. The guys the have the best chance of pulling something like that off are at Dam Neck, where they can sort of justify their continuing operational role as necessary because of their level of expertise. Even there though, 20 years straight would be close to miraculous.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Oh yeah, believe me, I thought it would be ridiculous if you said yes so it's kind of a relief. It seems a little crazy to go 20 years straight.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's crazy that they don't let you go 20 years straight. Being an operator isn't that hard. Sitting on your ass waiting for stuff to do is hard.

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[\[-\] ImTheGuy77](#) 1 point 1 year ago

Well I guess so. I'm not the SEAL so what do I know. You said instructor and chief. Obviously I know what instructor is but what is exactly does the role of chief play?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Chief is the mouthpiece of the OIC and AOIC. He tells the boys in the platoon what to do. In a good platoon he runs things. In a bad one, he just regurgitates instructions from the OIC.

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[\[-\] TrimHopp](#) 1 point 1 year ago*

The Warrior Elite and *The Finishing School*, in my opinion, do a pretty good job of explaining roles of the different chiefs. May be worth looking at, [/u/ImTheGuy77](#)

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[\[-\] \[deleted\]](#) 1 point 1 year ago

This is quite out of scope, but do you find that many guys go into business together once they leave the Teams? From what you've said describing all the different types of personalities (mostly good) that you get to forge friendships and special bonds with it sounds like all those things would make for a pretty solid partnership & perhaps more of an exciting way to transition back into civil life.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You do see that to some degree. Plenty of guys do things that keep them close to the community in some way or another. Guys always talk about opening a gym together or partnering up to start a security company. It often fails the real world though. Guys move to different locations, have family obligations, etc.

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[\[-\] TrimHopp](#) 1 point 1 year ago

Do you find that the best officers were ones who were previously enlisted, instead of the ones who came straight from the USNA, ROTC, or OCS? How does this change the dynamic/relationships between the enlisted men and the officer?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Unfortunately, sometimes mustangs (prior enlisted O's) aren't very good. They tend to overcompensate and at the same time have a hard time when they have to do the desk thing. They're definitely treated differently by the other O's, like they're less qualified.

The dynamic is pretty much the same for all SEALs. It's all great when you're working together. It get's pretty shitty when someone pulls rank, whether they're senior enlisted or O.

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[\[-\] lulzTeddy](#) 1 point 1 year ago

I live in the city, even during the summer the pools in the neighborhood are small kids pools. Were can I train for the PST? I wasn't in good shape at the time, but I nearly drowned once at a lake and it pissed me off to high hell since I've wanted, (and for the last year, trained) to be a seal since 9th grade, and if I can't even swim it kinda ruins that dream. I'm ready to get down to work and learn how to swim better, just don't know where.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

YMCA?

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A lot of gyms like 24 hr fitness have 25yd pools, schools have them, a lot of cities have them too (run by the city), google lap pools in your area. Swimming is almost 100% technique, I assume you almost drowned because you just don't know how to swim efficiently and were overworking yourself, really work on efficiency and proper technique when your swimming, maybe tread water for like an hour at a time whenever you get the chance, if your breathing heavy or feel like your working harder than walking down the street when your treading your working too hard and your technique is fucked up.

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[\[-\]](#) [lulzTeddy](#) 1 point 1 year ago

You would be correct about my technique being fucked up. Like I said, it really scared the shit out of me and pissed me off.

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For sure don't worry about not being a great swimmer and don't let that stop you from getting an SO contract, theres no shortage of guys who passed BUD/S that had literally only swam a handful of times before they joined the Navy. Its something that can be improved, you just gotta put time in and get used to it, maybe but a little extra time in and really get comfortable in the water like when you go to the pool do your swim workout and spend an extra hour just treading water and doing other things to get you comfortable in the water like floating without using your hands or feet. good luck dude

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

To add on to what stuffname said, the main thing is knowing that your chest is your buoy. If you get horizontal and balance on it you can float with pretty much no effort at all which should help you mentally a lot knowing that preventing drowning can be that simple a lot of the time.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Try to find a lap pool. Maybe you have to take a bus to another city, but you need a lap pool and a set of goggles, and some time. If you can find someone that knows CSS, that's great, but otherwise youtube has a lot of instructional videos. If you can pass the PST, you'll get tons of swim training before and during BUD/S.

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Any recommendations for neck exercises, Im just doing yes's, no's, neck ups, and these neck bridge exercises we used to do in BJJ and wresling where you do a bridge on your head and do hip escapes; is there anything else that you can think of that will make my neck a little stronger for boats on heads.

Also core workouts, what should I be doing other than plank variations, situps/crunches, and flutter kicks, I feel like Im missing something.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Your obliques and transverse abdominus, as well as glutes

Russian twists, oblique sit ups, and hyperextensions are a good place to start.

Everything you mentioned mainly trains the rectus abdominus and the hip flexors.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

4 x 50 each way neck rotations lying on your back.

V-ups are good. Try a floor or parallel bar V-sit. I like rollouts with an ab wheel or some bumper plates on a bar. If you got straps, set them about 10" off the ground, put your feet in them and then do a plank on your elbows, then instead of bringing your knees up like most people do, pike up as high as you can with straight legs, and then extend as far as you can. It's like a V-sit combined with a rollout. GHM is awesome too. I like to do weighted crunches on a GHM with a 30lb dumbbell, you can do side crunches a well using a much heavier weight usually. Just let your bottom arm hang with a 50 or 75 and keep your other hand behind your head while you crunch up.

Otherwise, just floor exercises, you got leg raises, good morning darlings (horizontal leg crossing), bicycles, push throughs (crunch with your arms out to your sides or in between your legs and just pushing them forward), bent knee crunches, mountain climbers, side crunches, twisting situps, dragon flags, pilates flutter kicks, butterfly stretch situps, the list goes on. Mix it up and go for continuity, like 8 minutes straight of various exercises without putting your feet down. Try to hit the core every day. Don't forget the back either. Romanian deadlifts, squats, supermans, GHM, etc. to keep the rear chain of your core strong and balanced as well.

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Damn, lots of info, thanks a lot man, I gotta a lot of stuff to try today. Whats GHM?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, no worries. Glute Ham Machine. These things,

<http://www.fitnesszone.com/Merchant2/graphics/00000001/body-solid-sgh500-glute-ham-machine-7.jpg>

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[\[-\]](#) [clancy25](#) 1 point 1 year ago

A couple questions for you again, 1. What was your opinion on an instructor position? Would you have stayed in if they offered it to you? 2. Along the same lines, what is the ratio of verbal encouragement vs verbal harassment that the BUD/S instructors have?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think an instructor gig would have been fun. It's also a chance to give back. As far as a 1st or 2nd Phase, and 3rd too for the most part, it's almost %100 negative. You might get a few words of encouragement on occasion if you do an excellent job, but very rarely.

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Did they ever say anything that wasn't necessarily positive, but really hit you as being motivating? I just watched that Robert O'Neill thing and one of his instructors said, "I don't see how anyone can quit, because when you quit you take your helmet off, with your name on it, and line it up with all of the other quitters helmets then ring the bell, you just put your fathers name in the line of quitters", I thought that one was bad ass.

Just curious, say you did an instructor spot, would you have to stay within a fairly tight set of rules and regulation as far as what you can and cant do to students, like are the days planned out and you just follow the schedule?

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I heard some motivating things. I have a terrible memory though. Once, during a beating in Indoc, one of the Instructors, who was standing on a berm by the O course, reached down and grabbed a hand full of sand and letting it fall through his fingers said, "This is my church."

Another day, finishing a hooyah swim run in 3rd Phase, as we ran the last half mile back along the berm, we could see a Dam Neck MC that we all knew from BUD/S Prep just standing waist deep in the Pacific, hands on hips, staring out at it. There's a joke that SEALs are more afraid of water hoses than bullets, and seeing this megatron dude willingly standing in the Pacific was like, "yeah, fuck you Ocean, you got nothing."

During SQT CQC, a new chief from DN showed up the second week of our course and took over, and overnight changed the whole curriculum. We went from 1990's CQC to Green Team CQC overnight. That was motivating as fuck. Just seeing where would we get in terms of skill if we kept with it. A buddy of mine asked him how he, the Chief, was so good at CQC, how he moved so fast and just knew where to go and what to do, and he said, "You walk?, you breath?.... I CQC."

Here's some out of context quotes that I remember,

"An amateur does something until they get it right. A professional does something until they never get it wrong."

"Be evil and be feared."

"No one ever took pictures of us because I'd shoot them in their fucking face."

There are guidelines for everything, but you have a fair amount of flexibility within those guidelines. You have to be able to justify your actions to your superiors and up the chain, but a lot of the ingenuity and progress

comes from the bottom. BUD/S is fairly well planned, and me as an E6 Instructor, is I had gone to BUD/S (there are other Instructor billets, TRADET etc.) I wouldn't have been dictating schedule or anything like that, I would have been working for Chiefs and Masterchiefs that would have been dictating schedule. They plan everything out though, and they would be the ones changing things up if need be.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

You said a DN guy was instructing CQC in SQT for you. Do DN guys do BUD/S instructing too?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. We had a DN Chief in 1st phase. Guys go to DN and back to the vanilla teams all the time, and then they end up doing an Instructor slot, so you'll interact with former DN guys frequently. Again, it's kind of like pro sports, where you got a major league and minor leagues, and players can shuffle back and forth depending on priorities and capabilities. Most of the development in terms of tactics and equipments happens as DN and get spread out to the rest of the community.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Talking with other TGs, was combat in Afghanistan vs Iraq all that much different? Besides fighting in the mountains and fighting in urban areas, was the style different? Where would you say your training would give you an upper hand? I imagine CQB would help immensely in areas like Baghdad.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Very different. Afghan was land warfare. Mountains, valleys, long patrols. Iraq was SOUC, close fighting, DA's on compounds. There was plenty of overlap but I can't speak much to difference in styles.

We were well trained for both. We have the upper hand every where.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Sorry if you're going to have to repeat this, but what does SOUC mean? I've seen you use it a couple times and I tried googling it but no dice

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Spec Ops Urban Combat. It used to be MOUT, Mil Ops Urban Terrain, but we like to change names for things every 4 years at the DOD.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Have you ever noticed on TV or anything SEALs are always like 3 times bigger than every other guy in the room? I thought the wiry types were most likely to make it through bud/s

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Hollywood. There are some big dudes for sure, but average height is probably 5'10. Biggest guys I knew were 6'5 245, but they're anomalies. You got to be able to move your body and a lot of extra weight, and if your body is huge it's the square/cubed rule, it gets exponentially less efficient. Funny story, our supply guy was an ex-college footballer. He was a fleet sailor, no combat training at all, but whenever we went anywhere he's the one that got pegged as a SEAL.

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[–] [crazy8ball17](#) 1 point 1 year ago

Are there a lot of bald guys in the Teams? I read somewhere that there has been a huge influx of SEALs who look like Ken

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Ken the Cat? God I hope not.

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[–] [crazy8ball17](#) 1 point 1 year ago

Haha, Ken from Barbie fame

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

The one bald SEAL I can think of was Ken "the Cat". Most guys have hair. We grow it longer so we have the rep in the military of being hollywood cool guys. It's about having earned the freedom to grow your hair outside of the bullshit regulations. The headshed doesn't get that, it's a good faith sign that they consider us adults and capable of grooming ourselves.

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[–] [Nidkid](#) 1 point 1 year ago*

Not the hollywood representations of SEAL though, i mean like, Marcus Luttrell, Rorke Denver, Chris Kyle, Mark Divine like any actual former SEAL that gets media attention, any time they're in a frame with someone else it's like they take up way more space and have like 40 pounds on everyone.

EDIT: <https://www.flickr.com/photos/126615906@N05/15596533997/> like this guy for example in a TV show that made me notice this

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Marcus is a big dude. Denver is pretty big too. Chris wasn't. Never met Divine. TG's tend to stand a little taller and carry a bit more muscle than your average Joe, but we're a community comprised of average Joes who took above average steps to improve ourselves. Some of it is just perception. I remember some of my Instructors being physically menacing, but meeting them later and realizing I had a good 3" and 10lbs on them.

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[-] **Nidkid** 1 point 1 year ago

That actually makes sense, maybe people just give them so much space cause they're intimidated which makes them look bigger.

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[-] **nowyourdoingit** **SEAL** [S] 1 point 1 year ago

Here's the trick. Have big arms. Wear dark sunglasses. Stand in a power rock stance. Cross arms. Glare. You easily look a foot taller and 40lbs bigger.

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[-] **Nidkid** 1 point 1 year ago

http://img3.wikia.nocookie.net/__cb20140222195119/teen-titans-go/images/f/fa/Screen_Shot_2014-02-22_at_1.36.39_PM.png

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[-] **joe_buck_yourself1** 1 point 1 year ago

I had the pleasure of spending the 4th of July with Marcus and his mom at my cousins ranch in Texas when I was 10 (My cousin is his mom's neighbor). That's basically how he looked. His eyes looked like black voids. Back then he had a cane, and he heard I wanted to be a SEAL so he hit me in the leg with the cane. I said something like that hurt, then he went on to describe van brawls. Needless to say I shut my mouth.

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[-] **mikegymnastics** 1 point 1 year ago

I think you touched on this lightly earlier in the thread, but how many SEAL's joined for reasons like "I found everything else pretty boring", or "I just wanted to do something very difficult and challenging". Did a lot of guys join because they were very patriotic and wanted to serve their country?

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[-] **nowyourdoingit** **SEAL** [S] 1 point 1 year ago

It's always a bunch of reasons. I think the patriotism thing is a pretty shitty motivator. Patriotism is a vice, not a virtue, and it doesn't stand up to torture, even surf torture.

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[-] **JogaMimFora** 1 point 1 year ago

Another quote you might enjoy. From an AMA from a former Capitol Hill worker...

Anytime you form an opinion about something without understanding the other side, any time you have more answers than questions, anytime you allow yourself to be convinced of the evilness of a politician without ever hearing him speak, the wrongness of a bill without ever reading the text, the motives of a party leader without ever learning his positions -- you're low-hanging fruit for people like me to tell you what to think. The less inquisitive you are, the easier target you are.

Yeah it's a far away topic from asking you anything but rich nonetheless less.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Good stuff.

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[\[-\]](#) [HoleInTheAir](#) 1 point 1 year ago

How detrimental is not being a serious person going to be at BUD/S? I'm finding more in more in the professional workplace I'm just not that serious. I mean I want to do a good job, and go home at the end of the day, but it's humorous to me just how torqued out some people get over their work. And I'm also usually that guy who puts people at ease at the awkward family gatherings. I dunno, most (practically all) things seem pretty trivial when you consider just how insignificant your existence is, and the inevitable death we all face.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You'd be very out of place if you were serious. Serious individuals, of the sense you describe, don't last very long. If you get "torqued" over your normal job, imagine how the screws are going to come out when fail your first uniform inspection after the Instr claws through the superglue to pull out a thread on the inside of a pocket (because not only have you plucked and cut all the loose IP's (threads) you've superglued them to prevent any possible fraying). You have to be able to roll with it and laugh later.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Have you ever read Manthropology? Its a bit sensationalist but also kind of gave me an existential crisis. Basically details how much stronger our ancestors were than even the athletic elites now. IDK how much of it is reputable vs overblown but you would probably appreciate it.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'll check it out. %100 it's overblown. Having said that, the benefits of the hard way can not be overemphasized. A hard and disciplined life will make a hard and disciplined man. We know more about performance and training than at any point in history though, and consider how tales of strength tend to grow through the ages, there's probably some normalizing that needs to be done.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

There was one thing though that stuck with me, tracking footprints they found evidence of people regularly running distances faster than usain bolt now. I guess there's some room for inference but physical evidence doesn't leave so much room for doubt. A lot of the book is anecdotal though for sure.

& yeah, he said that a lot of the performance came from necessity not any tangible genetic advantage (over where we are now)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Just skimming some of his writing, his example of a neanderthal woman being able to beat Arnold in arm wrestling is the kind of bad science I expect the rest of the book to contain. Neanderthals were a different species. That's worse than comparing modern asian penis size to ancient European penis size and saying modern asians have the smallest penis's of any time in man's history. It's also assuming a lot. The average weight for a Neanderthal woman was 146 lbs. Even assuming they were twice as strong, lb for lb as modern man, Arnold could bicep curl 275, that's roughly equivalent to her full body weight with each arm. And again, they inferred a sprint speed of 37kmh by the aboriginals from footprints, but that involves some guesstimating. Usain Bolt's top speed is 44.7kmh, well above the ancient sprinters.

Are the majority of people softer today than ever before, probably. Is "modern man" de-evolving, no. Dean Karnazes has run a marathon a day for 50 days. I knew a 40 y/o ODA medic make his own historically accurate roman clothing and kit, and march the historic paths they marched. They didn't do anything that couldn't be done by a modern man in half way decent shape.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I think his point about the Neanderthal was preceded by a bit about how chimps don't actually have more muscles than us but have way greater power production because their tendons can handle all of their muscles firing at once, but for some reason we gradually lost that skill.

I thought it was weird though because athletes are getting stronger every season basically yet this guy says we peaked ages ago. Did you see the part about how horse backed archers had some kind of absurd precision that rivals firearms now? IDK how he's supposed to justify that. And makes a lot of psuedoscientific claims about what women like vs how humanity develop and it's like ..? You asked a bunch of girls what they think they like in guys in a survey and expected straight answers? One they'd have to be honest, two they could just be telling you what you want to hear as people are prone to do and three is anyone actually that self aware??? I swear I see hot girls outside my type daily like come on haha. Hate how science thinks adaptations happen BECAUSE OF sex rather than sex as a byproduct of staying alive and adaptations occurring because of circumstantial adversity. Buncha nerds

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[\[-\]](#) [BuckleUp77](#) 1 point 1 year ago

What is your opinion about this guy claiming that he shot OBL? I like his "I don't give a shit" attitude, but I'm lost on the motivation behind coming out and making that public. Seems useless and dangerous to me.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

His motivation is, (I'm guessing), to use that fame to do something productive, like share some of his life lessons and make some money. I can relate, I'm on here to share my life lessons. Still haven't figured out how to make money, but that would be nice too.

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Have you thought about writing a book about your experiences? Examples could be *Inside Spec War: Memoirs of a Navy SEAL* or like a criticism of the military from a SEAL perspective *Silenced: An Elite Operator's Insider Account of the Navy's Bureaucracy*? Your target audience for either could be 1. SEAL junkies 2. prospective SEAL candidates 3. patriots who want the best for America's military at the very least. As you said something like this before, "There's so much that could be changed with the military that I'd have to write a book about it." So why not? As far as I'm concerned, I have yet to read a book like that and would buy it, especially if it came from one of "America's Elite Badasses" and he was telling me something I'd never heard before that wasn't some bullshit fluff rehash of Dick Couch's *The Warrior Elite*.

You could decide on either having an alias to avoid "PNG" or you could use your name to establish some sort of base/authority/reputation for future books, products, television interviews, or inspirational speaking.

As for publishing it and selling it, you use smaller publishers or hire some freelancer, and eventually could sell it on Amazon for like \$6.99 for Kindle (or go big and pitch your idea to some large company). Social media and the internet work wonders for advertising. Once someone on SEALSWCC recommends your book, then five more candidates buy it...and so on.

Would you get rich? Nah. But you'd establish some sort of royalties income, which isn't bad. You'd get experience in writing, and you might actually help a lot of people, as you've done so for me.

I considered writing a book on Chris Kyle and how he used the media and people's blind patriotism to intentionally spark controversy and fill his pocketbooks. But it didn't feel right cause I'm just some flake BUD/S candidate who didn't know the guy and in the end I ended up just feeling so bad and sorry for him. Him having his book out, as well as these *other writers* and all these movies, is creating a wave of SEAL fanaticism; in other words, \$\$\$.

Brandon Webb just releases shit like every month and people buy it despite his books reportedly being rather disappointing, short, and formulaic. He along with one of Chris Kyle's co-authors, Scott McEwen, who actually was never in the military and tends to write politically right SEAL thriller action fiction novels, (and probably many others) are just milking the reputation, imagery, Hollywood, popularity of SEALs as well as those who buy into the hype and they're probably making a decent income from it. Again, with royalties you'll see people buying your book six years after you've written it.

Before, I looked down on these dudes selling their books. I still do, especially with Brandon Webb because he just writes boring fluff shit and knows how to game the demand and business (he along with some others write books that state the same stuff but rehashed and although it turns off people like me who are marathon readers seeking to extract anything useful, it appeals to a mom or dad or random Joe because it's all still relatively if not completely new to them) . But I've grown to see the other side of the argument and no longer believe in retaining the "silent professional" tradition, when as you say, the Navy whores out the SEAL image to recruit and yet has an indoctrinating effect to produce loyal believers (see Mark Owen's AMA). In addition, Brandon Webb seems to have some reasonable political beliefs that I respect. He and everyone are just humans after all.

If you wrote a book, you'd have something to actually say, much like you do this AMA; which up to date remains the most informational SEAL compendium easily accessible. But it won't stay like that forever.

Just keep in mind, Barnes and Nobles has an erotica section dedicated to Navy SEAL erotica or some bullshit. The hype is alive and will remain alive so long as these books are written, these movies made, the Navy continues to

glorify, and the SEAL process and training remain the world's most elite and elusive.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't have the authority though. I saw what I saw, got a glimpse behind the door, but I'm not the guy to stand up and say, this is fucked, listen to me. I'll happily offer my opinion, but the guy who writes that book needs to have stars on his shoulder, and even then he'd probably be pissing into the wind.

The other side of it is that as raw as I'm trying to keep things, there are other viewpoints and experiences, and it sucks being the guy shitting on everyone's parade. Being a SEAL can be awesome. Probably the best community of people on the Planet. In this setting, another TG can call me out for making an ass of myself, but once I pen a book, it's just out there. One side bound between two covers.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

But you DO have an authority. You experienced it, you lived it. You were a SEAL. You did your contracted years (5? 8? I don't know anymore); yeah you're no Captain but you still have a perspective. Your opinion is still an opinion, one that is not often heard at all. How many people actually become a SEAL? Now how many of those people have controversial opinions? Now how many of those people voice those opinions? How many actually hear those opinions? How many want to? Hint: many. How many actually write a book with a real story to it that's just not feel good America fluff?

You have the authority to answer our questions. I wouldn't want to answer these questions. You have an enlisted point of view, it's still a different point of view.

You don't even have to shit on parades. You could just state what you experienced, then have some input on how things might be changed for the better. Some Rear Admiral might read it by happenstance and is like, "shit. He's right." Being honest and blunt, willing to step on toes may not be sexy, but it's what we all desperately need sometimes.

On the community point- pen name, like Mark Owens did before he was ousted (DH Xavier), works. Although I don't really get what you're saying with that point.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago*

Also - the taboo of writing something even slightly critical is what makes it worth reading, even if you don't consider yourself rank enough (I mean just look at the outlash people who criticize the military even the slightest receive). I'm sure there are *tons* of dudes out there who wanted to say something, but didn't precisely out of this fear (not being an authority or community exile) and so now we end up with guys like you finding out dis-satisfactory shit that's probably been going on since Vietnam. And even then, a perspective from a guy who did his contracted minimum stint is still a perspective. Your opinion is still valid. Who knows, the Navy might try and change some things to increase retention / re-enlistments and quit advertising SEAL teams as DN. You never know.

Before this AMA, I thought SEAL life would be daisies, tons of swimming, equality with officers, as far away from fleet as possible, full of walking through thorny swamps, working out, a superb community,

tobacco, and dynamite. I'm sure many have as well. Only you might know how mislead we are.

Good night!

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I meant a book has a sort of permanence and authority that a web thread doesn't. If you criticize something in a book, you ought to back it up. The first reaction the DOD and US Gov will have to criticism is to dig in, retrench, and attack the attacker. They'd publicly discredit me. Have you ever seen a case where someone says, "you suck." and the authority figure says, "hmm maybe that's true." Without the credibility and authority to back up my claims, and this isn't actual authority, this is perceived authority, I'd be banging my head against the wall.

I am glad I've enlightened you to the realities.

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[–] [JogaMimFora](#) 2 points 1 year ago*

Even if you didn't want to write a book with criticism towards your experience... you could write a different book. I'd still probably read it as would other people from this thread; you've already proved yourself and established a loyal audience.

In my perspective, your experience of being a SEAL -no matter if it was five years or twenty- makes you have a valid say and authority. Sure, some guy who is an O-6 could always write one, but that hasn't happened. If the Gov decides to attack you by discrediting you... then that's creating even more controversy. That would bring more publicity and conversation versus if the Gov just decided to let it go, which may very well happen- we don't know. Let's take Chris Kyle into play. He sang to the choir, the extreme right wing, in his book. Then he went on to publicly slander Jesse Ventura. This created so much controversy, further polarized his supporters (no matter what action Jesse Ventura took he was doomed), sparked discussion, and most definitely led to his books and name gaining more publicity.

Lastly... we're thinking very far ahead in the unpredictable future when you've yet to figure out if writing a book, no matter the subject, is what you want, nor have you began writing.

If you have something to say and you think should be heard...let it be. I can attest that anything you've said here is interesting. So even if you don't think what you think shouldn't be heard... I still want to hear about it. We started this conversation on the premise of making money; not so much for how the US Gov will discredit you or how another book could be better. You writing a book on this topic would be unique as this thread is. And as response to it, maybe a book from an O-6 might come out. The point would be 1. make royalties and 2. start discussion on a taboo topic. So far, not a book exists with criticism that doesn't involve tooting one's own horn or fluff.

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[–] [sonsta](#) 1 point 1 year ago

Well no one has called you out yet, surely another TG has seen this by now.

Do other TG's share your opinions for the most part?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

There's always a spectrum. I don't think too many would disagree with me on most of what I've said though.

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[\[-\]](#) [OsamaBinBalling](#) 1 point 1 year ago

What's your favorite sock and/or type of sock(s)?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I'm always going back and forth between Darn Toughs and Smart Wools. I think Smart Wool might make a slightly more "technical" sock, but Darn Toughs are actually a bit (as the name implies) tougher. I usually go for one of the [mid weight hiking sock](#) or if it's going to be in the negatives I'll always pack a set of [full length mountaineering](#). I think the extra weight is usually justified in the warmth factor, but if I can get away with the midweight hikers I will.

In SQT I had a pair of [these](#) that I wore through most of Kodiak, CQC, and Niland, and I loved. They didn't last as long as my darn toughs but again they're a lighter sock. No blisters running or hiking in wet boots though.

For a normal day to day workout or running sock (the only times I wear shoes if I can help it) I'll just rock a pair of adidas or nike ankle socks. Something where you can by a 6 pack for less than 20 bucks on sale. Like the [climacools](#)

Sock rules:

1. Stay away from cotton.
2. Always wool in the mountains
3. Always have a spare set

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

What happens when your swim buddy DORs?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You get a new swim buddy. Usually you'll be a third wheel till the end of the evolution.

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[\[-\]](#) [EVera34](#) 1 point 1 year ago

Hey man, thanks for all this. You've opened my eyes to a lot. I just started the process of getting in (made it through MEPS, learning to swim better before I attack the PST.)

1. You touched on this before, apologize if you answered it but how did BUDS and SQT change your attitude? You're a gunslinger but what goes on in your head differently? One of the biggest reasons for my wanting to do this is that the training will be enough of a kick in the ass to make me a better man in the areas I'm weak.
2. Any guys who upon seeing at the beginning you thought "this silly faggot won't even make it through hell week" but went on to surprise everyone and get their bird?
3. How much time as a team guy do you have for hobbies/yourself/a significant other?

I'll probably have more as I go on but for now this is all I've got. Appreciate it.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago*

1. Your perspective on "hard" changes. That's about it.
2. More of the opposite. It's hard to look at someone and rule them out, but it's very easy to look at someone and rule them in. Plenty of guys looked like monsters with literally everything going for them but they didn't last. That was the wake-up call for me, seeing guys that I thought, "If I can just hang with this dude I'll make it." and then watching them fall out while I was still going. What's Alfred's line in Batman Begins? "What's the point of doing all those pushups, Master Wayne, if you can't lift a log?" These guys had the bodies but not the minds.
3. Depends. Often you have no time, and other times you have too much time. On average I'd say you'll end up with more time than you expected or wanted. There's a lot of pressure from the top to limit the amount of work or training you can do. This is ostensibly to increase your downtime and family time because the guys at the top thin dudes are leaving because they're getting burnt out. Unfortunately, the middle management tends to fill this new "free time" with wasted time, and the net affect is you're less productive, and more pissed off at the Navy for wasting your life.

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[\[-\]](#) [EVera34](#) 1 point 1 year ago

You didn't gain discipline or mental strength going through all that? You didn't gain awareness of toughness you didn't know you had? You'd think all that suffering would make any man harder.

You recommend going into BUDS with a girlfriend? Any advice on that matter?

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[\[-\]](#) [EVera34](#) 1 point 1 year ago

Also, how did the teams satisfy your appetite for adventure? Did you see a lot of cool shit you otherwise wouldn't have?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Sorry, missed your question.

Yeah, I did tons of things I never would have had the opportunity to do otherwise, and I had a lot of fun sometimes. The frustrating aspect of the job is how much they can manage to suck the adventure out of it. You'd think something like helo cast would be fun right? I mean on paper it's jumping out of a blackhawk going 50k, 50' over the water. Sounds awesome. The reality though might be something much more along the lines of, get to work 4 hours early. Brief. Jock up for the evolution. Sit on a boat for 2 hours waiting for the helo's to arrive. Helo's arrive and need to refuel. Wait another hour. Start evolution. Only 6 guys can go at a time, so you take turns sitting on the boat and watching. Each iteration last 15 minutes because helos need to fly a pattern to line up approach and it takes time for guys to swim to the pick up point, and once you climb the caving ladder into the helo, you're only in it for 30 sec before you jump back out and swim to the boat. So you get 1-2 min of action in a full 8 hour day.

Or. You're going skydiving. That's a fun one right? Out of a helicopter no less. You get to work 4 hours early for a brief. You take a bus an hour to the DZ. Bus gets stuck in mud. You push it out. You spend an hour setting up the DZ, comms, medical, etc. You get jocked up. You sit in the sun with a parachute on your back waiting for the helos to arrive. They get there an hour late, and decide there's too much cloud cover. Officers talk. They decide to have an hour safety stand down for the clouds to pass. You're leaning back against your parachute looking up at a few wispy clouds and blue skies, rolling your eyes. An hour passes. Now there are real clouds, but the O's decide they need to make a go at it. You take the 15min ride up in the noisy helo to get to altitude. The jumpmaster decides there's too much cloud cover, calls the jump off. You ride the helo back down. No one jumps. Everyone sweats. Navy SEALs. Fuck Yeah.

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I never really considered that anytime you do basically anything cool its gonna be an all day thing for a few minutes of fun. What do guys do when your just waiting around for hours, just talk, or listen to music or something? By the way, you should write a book or something called "Navy SEALs: Public perception vs reality"

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah. We had a game we loved to play. It's an old military tradition actually, played by the original frogmen, and the sailors, soldiers, and marines before them. It's called 'throwing rocks'. You throw rocks.

Imagine if instead of paying your 10 bucks to sit in an A/C theatre for 90 minutes and enjoying a movie, you followed the crew around for 7 months while they filmed it. That's the difference between the public perception and the reality.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You hone some things, yeah, but in my experience BUD/S won't give you anything you don't already have. You've had similar experiences growing up, I'm sure. Remember when you thought 9th graders were soo

mature, then you did 9th grade and had to realign your perspective? Or maybe you thought you'd never be able to run a 5k, but you trained and one day you run your first 10k and think back on your trepidation about the 5k and laugh.

GF can be a little hard. Depends on the relationship, if she knows she isn't going to be the center of your attention for the next several months and can handle that then it's not a problem. Plenty of guys will use SO's as an excuse for quitting though, but honestly they'd probably find any excuse and it just so happens that the wife or gf is a 'noble' one.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago*

What did you score on the c-sort? My score just came back and was pretty abysmal. Do you have any books you would recommend for strategies on mental resilience?

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Check [this](#) out look at page 6, just focus on the things that you can effect. Im pretty sure the CSORT is just a bunch of bullshit anyway as its probably impossible to determine a persons mental toughness from a test like that.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

I read that earlier, I can almost picture the collective smirk on the team of girls with lib arts degrees in gender studies that came up with that test.

Regardless, since I have the measurable mental toughness of a middle school girl, I need to work on it. With the right guidance I think some meditation will go a long way.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I have a strong suspicion that the "Band 3/4 C-Sort" candidates with a "Band 1/2 PST" actually don't have a 38.5% of success. The biggest predictor of success is good PST scores, as it shows that the person has prepared and takes it seriously. My guess is they tailored the way they reported the statistics to make the C-Sort look like it has some predictive ability when it in fact doesn't.

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Right? That thing is fucking hilarious, its like a 5th grader made that graph, I love that they put 38.1% too like anyone with a pst between 20:50 and 20:00 has exactly a 38.1% chance of passing BUD/S. What do you think about people with a PST score of 20:00, do you really think they have an almost 40% chance of success, it seems high for a pst that's not really all that great?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't anyone has better than a 30% chance of making it. We had about a 90% wash out rate. We had

11 originals out of nearly 300. Plenty of rollbacks to push that up to around 30 graduating, but 38.1% seems silly high to me.

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Any idea what gets guys who don't make it? My mentor was talking about this guy who just recently got to Coronado and just decided he didn't want to be a SEAL before he even started, went through boot and prep and he just quit. Do guys just change their mind all the time?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

"Change their mind" is probably the generous way of stating that guys get overwhelmed and quit.

There were a handful of cases where it seemed like the guy was having no trouble with the stress, but for legitimately other reasons decided they didn't want to do the SEAL thing. It's always hard to know for sure though because 98% of the guys who quit will tell you it's for some other reason rather than pushing out.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I know I took the c-sort, but I honestly couldn't tell you anything about that test. They were trying all sorts of psych test out to get data so they could narrow down the best candidates early. I think it's a waste of time. It's one of those things that spreadsheet bean counters think will be great but isn't actually reflective of the real world. Try this, next time you take it, just pick random answers and see how you score.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

Unfortunately you only take it once now, but if I ever get administered another test like it I definitely will.

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[\[-\]](#) [Team_Realtree](#) 1 point 1 year ago

Do most SEALs do the full 20 years? If not, what is the average time a SEAL will stay in?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't have those stats but in my experience it seems like about half get out after their first enlistment, and of the ones that stay in maybe third get out after their second enlistment. So average is probably about ten years.

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I hope this isn't too personal: Do you find there is much adrenal or thyroid exhaustion during a career as a seal? I can imagine adrenaline and cortisol levels can fluctuate quite substantially, so do guys experience burnout at all or are there management techniques in place such as more rest allocation (I think you mentioned this) to prevent negative

stress from building up?

This is getting way personal, but it would be interesting to assess the hormonal profile of high risk operators to see if there were any similar markers with testosterone, growth hormone, thyroid & adrenal status. Suppose i'm just thinking out loud here.

Hoping you're in good health anyway!

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[\[-\]](#) [Nidkid](#) 2 points 1 year ago

Look up Dr. Kirk Parsley, former TG who studies this exact thing.

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Thanks for that. Just had a look through his website. Very interesting content & story.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Supposedly, cortisol levels are higher on average and tend to spike much higher in the am. I haven't heard of any adrenal or thyroid exhaustion per say, but numerous studies have shown an adapted hormone response to stress. I don't think this leads to burn out, but it probably has some negative affects in terms of premature aging. There's a price for everything.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

If someone were to enlist in the regular Navy for a couple years before getting a SEAL challenge, would you recommend any ratings? (Excluding diver, EOD, SWCC) ?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Why not EOD? They seem to have a pretty good gig and it's an interesting career field at least. Other than that I can't think of anything I'd want to do, or anything that would translate well into the Teams. Maybe Navy Intel would be ok, I think that's an IS.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

I read that you are examined medically several times during hell week. Hypothetically, if you had light eczema or psoriasis, and a little of this was found on you during hell week, but you already snuck the condition past MEPS, would medical bust you there, or let it slide by?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I couldn't tell you. I highly doubt they'd notice any eczema as your skin is going to rubbed raw anyway. You'll get at least a half dozen med screenings before you even get to Hell Week. That being said, I hid a kiwi sized inguinal hernia all through bootcamp/ BUD/s/ SQT.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Lol, i'm sure that's not even uncommon, really speaks to the tenacity of all SEAL's. As a follow up, I was reading a book today (The Warrior Elite), and besides pumping me the fuck up for BUD/S, I was wondering how helpful reading about BUD/S beforehand is. The impression I got from the book is that 10-20% of a given class really didn't even know what they were getting themselves in to. I would imagine it would be helpful to have some idea of what to expect for things like Hell Week!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I found that most things in BUD/S were worse to anticipate than to actually do. It's always a big psychological boost when you know what's coming, of course. It's even better when you've done it before. The problem with BUD/S is they change it up. You might even get the pass down from the previous class about what evolutions they did and when, but very little of that is going to happen the same way twice. Knowing is great, not knowing is neutral, and thinking you know when you don't is bad. I saw a lot of guys quit when that psychological dissonance occurred. Things not happening like they expected them to.

My advice, pick up what you can, but when you're there, go into every day blank, with no expectations. You'll never know what's coming anyway.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

That was my thoughts as well. I mean i realize that BUD/S is insanely challenging, but in the book several people quit just 6-12 hours into hell week. The evolution's then were no different than any of the others that they completed for the weeks previous, totally psyched themselves out..

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Just for clarity, the first 48 hours of Hell Week isn't like anything else you will have experienced up till that point. The intensity goes right to 11.

Ringin out is always a result of psyching out. I saw a guy ring out 36 hours in. Last log PT of Hell Week. They finally broke him.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Wow, that's some shit. From a psychological perspective, I see how the intensity makes the same evolution more challenging. Do you think a decent amount of people just didn't realize what they were getting themselves in to, when they got to BUD/S? Also, any idea how many people make it through BUD/S but fail out of SQT?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I got the impression that most knew it was going to be bad, but no one realized how bad.

Not very many, a handful. The attrition never ends.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Did you have any teammates that made you think "fuck, I cant believe this guy made it through training"..

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

So many. I had teammates that made me think, "how did this guy find the recruiting office?"

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Shit. One of the biggest draws for me is how "elite" the group is, that's disappointing. Still, always bound to be a few bad eggs in an organization as big as the SEAL's.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Groups within groups. You need a second layer of selection like green team to weed out the non-qualified non quitters. Not quitting is not enough to make you a competent SEAL.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Hey, I've heard gymnasts get so strong if they ever step into a weight room they pretty much blow everyone away, assuming you are in fact a gymnast and not an imposter have you or your buddies ever tried any lifting? I'm reading this book that says this coach got a 2x BW deadlift and a sub six minute mile just from his extensive gymnastics training and that boys who can planche can bench twice their BW. Can you confirm or deny??

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[\[-\]](#) [mikegymnastics](#) 2 points 1 year ago*

Haha, Coach Sommers? I'll answer your question in a lot of words. You have to realize that he was working with INCREDIBLY gifted athletes. If those men played football, or wrestled, they would likely be able to put up similar numbers in regards to their run time and bench press. Additionally, using leverage, the exercises male and female gymnasts use are physiologically the same as lifting weights. So gymnasts don't formally use weights, but they constantly stress their muscles and connective tissue using their own bodyweight. That's one reason they are so strong.

The average gymnasts, I have found, is also far stronger than an average person from another sport. My girlfriend weighs 116 pounds and has most of her mass in her legs (they are huge). She was good enough to be a D1 gymnast and her first time in the weight room she benched 135lbs. I bench 275 at the weight of 155, I don't have a full planche. Many of my friends (female) who are casual gymnasts now can bang out 10 pullups. Elite female

and male gymnasts can easily crank out 50.

Strength wise, in general, gymnasts are far stronger than their peers, but a lot depends on their rings development and specific conditioning programs. I know some female gymnasts who were level 9 and far weaker than some worse gymnasts who had more focus on strength, but all elite gymnasts are very strong.

The sub minute mile seems more attributed to individual athleticism than gymnastics training. Gymnastics events are truly the opposite of endurance and typically focus on short spurts of intense activity. That being said any serious gymnasts will be very well conditioned. My friends and I easily have a 2x bodyweight deadlift, and I can easily bang out 30 pullups and even do one arm pull-ups :)

I know tons about this subject so any clarifications, feel free to ask! It's a passion of mine!

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

Dude all that sounds awesome! I just took an adult gymnastics class for the first time last night and it was so challenging that I've been learning more about it. It seems to me like I can ditch the weight room for quite some time and practice a lot of the basic movements and it'd be a lot more profitable. 30 pull ups.. I can do around 10 right now, in the book I'm reading (Yes Coach Sommers haha) he recommends a lot of static holds, is that to build raw strength? Will practicing those help me with raising my pull up numbers? There was another example in his book about a push up contest resulting in a top score of 350... Crazy how well trained these kids were. Oh, I was also wondering: so many movements are core and arm based are strong legs important to you guys? Lastly I'm 6' ~190 pounds, so basically way too big to ever be GREAT but is anyone you train with larger / successful?

EDIT: Hey, I've also found from my session last night and doing a little bit today that my nervous system is impacted way way differently than most other kinds of training, like I'm having a really hard time calming down. It's either because it's new to me or it's just a part of the sport - if it's the latter any advice? I woke up this morning feeling like I hadn't slept a wink and was groggy all day but still had a wicked jittery nervous energy - it was strange (and I had a drivers test, of all days) and I'm still feeling like that now.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Well, are we talking profitability for the PST or BUD/S? What book are you reading? Are you interested in preparing for BUD/S? Strong legs are important, for floor and vaulting! Also the ability to absorb impact and "stick" the landing places a lot of eccentric stress on the legs and allows them to become very strong. Male gymnasts have more developed upper bodies because of rings.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

Just being better at using my body haha, not just for the PST. I know most people interested in this line of work have an extensive athletic background, I don't - so I'm trying to start with something that can produce a really great foundation for anything else, which is what crossfit claims to do, but seems like gymnastics actually does. I've been swimming for a year now and am at a sub 9 500 but that's pretty much it apart from cycling around the city a few miles at a time for a few years. I was really

really unhealthy before I started training though so it's taking me a lot more time than most. But I know if I can beat the physical parts I'm mentally the perfect candidate for the teams, and it would be stupid of me not to try.

I'm reading Building A Gymnasts Body.

Oh, and I've been lifting since September and have a ~240 DL, 145 power clean, 150 bench and ~225 squat, ATG.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Short term - weightlifting things like the overhead press, bench and squats will be better for you. Long term, gymnastics will be better, it will condition your connective tissue, fix likely mobility issues, and develop an incredibly strong core. This will take a year + of training, and that training needs to be good. I think the best idea is to hit your four main lifts in the weight room, deadlift, squat, bench, overhead press. Keep the gymnastics work lighter and supplemental, get the best of both worlds. Mentality is what it's all about anyways.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Thanks dude, I appreciate the all the input. Gives me a lot to work with.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Gymnast and wrestlers have traditionally done very well at BUD/S. The sort of strength required in those sports translates well to moving weight around, which is what BUD/S is all about. You basically have endurance guys like runners or swimmers that will struggle with the strength aspect of BUD/S or strength athletes like wrestlers and gymnast who will struggle a bit with the endurance aspect. Strength protects you from injuries though, ergo wrestlers and gymnast tend to do better.

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[\[-\]](#) [thecod](#) 1 point 1 year ago

did you ever know anybody with asthma in the Teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nope. Can't say I did.

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[\[-\]](#) [thecod](#) 1 point 1 year ago

oh i was wondering cause Brad Mcleod runs sealgrinderpt.com and he talks about how he has asthma, did you ever notice anybody who hid an illness or a condition in order to get through MEPS?

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[\[-\] nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

Yeah, of course. I mentioned earlier I hid an inguinal hernia the size of a kiwi. I know guys that hid plenty of things from medical. You pretty much have to hide stuff from medical to make it through without issue. There were probably guys with asthma but they kept it under control and I never noticed.

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Jesus, really? How did you hide a hernia, aren't they usually pretty visually obvious, did it hurt pretty bad? When did you get it taken care of?

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[\[-\] nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

If I pushed it all in right before the exam and I kept my lower abs tight it would stay pretty flat. I just did that for every med check that involved dropping trou. It was obvious the rest of the time but no one in my class ever dimed on me. Everything hurts during BUD/S. Jump school sucked, lot of time grinding it into the floor practicing free fall positions. Got it fixed after SQT. Went to medical the week of graduation and said, "hypothetically, if I had a hernia, how quickly could you schedule the surgery?" Turns out the navy couldn't do it quickly enough, so I had to ask the same hypothetical to the Army a few weeks later when I arrived at 18D. They had me in for surgery the next day. Props to big A for that one.

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Hey man, appreciate you putting up with everyone's questions, including my own. This has been an awesome read and more than anything, I respect the honesty. Forgive me for any repeated questions. 1- What experiences do you think helped developed your mental toughness pre buds? 2- Do you think Hollywood is gonna eventually lose its hard on for SEALs? if not is the community fucked? 3- Say that actual BUDs is a 10, and running a 5k or something basic is a 1, how hard in perception did you think it was going to be? A lot of what guys tell me is that its obviously hard, people just didn't know it was "That Hard" 4- Advice for a candidate that doesn't have a strong swim background in building comfort in the water, not just a fast swim time Side note: I find it so ironic that the navy changed the recruiting video on the SEAL site to an SDV insertion after you basically outlined how much it sucks I might ask more questions later.

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[\[-\] nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

My parents were obviously a big influence. I was lucky enough to have good role models as well. But I've known plenty of TG's who didn't have any of that. So at the end of the day, it's about the decisions you make, and not the environment you grow up in. Nothing I **DID** really prepared me for BUD/S. It was just what I **DECIDED TO DO**.

No. Not for some time at least. I don't think we can blame any of our problems on Hollywood. If anything, Hollywood has made it easier than ever to recruit. The Teams are hurting because of DOD policy and flaws.

I thought it was going to be a 10. I didn't have any concept of what a 10 was until I did it though. After BUD/S is over though you look back and think, that was really no worse than a 7. Guys who do Green always say they'd rather do

BUD/S twice than Green once. I'd go do BUD/S just for kicks at this point.

I wouldn't worry too much about trying to get comfortable in the water. They really will crawl, walk, run you through that process. If you want to practice your breath hold in a safe way, go for it, and if you want to play water polo in a community league do that as well, but in my experience the guys who grew up in the water and swam competitively and dove SCUBA and freedived and did apnea training had just as much trouble with pool comp as the guys from Idaho who learned to swim a few wees before their first PST.

I think they're trying to keep up the image that SEALs are sneaky and doing things other than the wars, which are over.

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[–] [EVera34](#) 1 point 1 year ago*

Is it possible to keep a good physique throughout BUD/S, SQT and through a SEAL career?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I'm living proof.

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[–] [Nidkid](#) 1 point 1 year ago

Slam dunk

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[–] [crazy8ball17](#) 1 point 1 year ago

Anyone in your class get on the 'first time, every time' wall? Is it true that getting on there is just as much about luck as it is skill?

How did you feel when you were in the Teams for a few years and a fresh officer just came in and was immediately your superior in a military sense? Would it be no big deal if they were a competent officer? What about guys who were going on 20 years in the Teams and a 22 year old fresh faced Officer would join? Would it be any different? Also, would you and the guys in your platoon and Team look down at a guy who joined up at 30 or 31 vs a normal aged 24-25 year old considered a lot of seasoned SEALs would be younger than this new 31 year old? What about 30 year old vs 18-19 year old? Or does age really not matter in the slightest?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

We had one guy, maybe 2. There were quite a few guys in the running for a long time even after pool comp. Luck definitely plays into it, but it's probably 80% skill. If you have the skill you'll take as much slack out of the odds in your favor as you can.

One good thing about the Teams is that the fresher guys are, the less conventional they tend to be, which means that a new O is already used to and expecting to be judged by his performance and competence and not his rank. By the time he's an Lt. or up though, he'll probably be flashing his rank again.

Same thing goes for the E's. We really judge people based on their competence, and it's not till you are an older

(more time in) dude that you start acting and thinking like that matters. The best Operators never get that way, they do a dozen deployments and 20+ years and never think or act like they've earned anything or are in any way inherently better than anyone. Of course, they tend to congregate to DN.

So yeah, rank and age are just descriptors, they don't define anything.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Did your class have an Honorman? Several? What was your impression of them?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We had one. I think he was essentially picked by our class leader and "recommended" to the cadre. I don't know if normally it's done by vote but for our class it wasn't. Our honorman was not very well respected and wouldn't have received the award if he wasn't a sycophant to our class leader.

I've know several class honormen from other classes. Some of them are stellar guys, some of them are worthless. It doesn't seem to be a good indicator of future performance. Kind of like being prom king.

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[\[-\]](#) [JogaMimFora](#) 1 point 1 year ago

I liked that prom king analogy. Put a smile on my face.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Any thoughts on Brandon Webb? Have you met him? I've heard he's a dirtbag.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Haven't met him or heard anything about him really. Know he has a website.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I think you heard that he's literally "dirty", it's in his book they called him "dirty Webb" at BUD/S and it stuck.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Yeah I read that in the book. But I've heard people like Mark Owen say he was a terrible SEAL or something along those lines. Don't quote me on that.

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Owen was talking shit on webb for never having ever fired his weapon in combat, I think owen is pissed at him for writing articles and stuff saying owen stabbed the community in the back by writing the book, he even said that webb was the start of the investigation against him, I think its just a pissing contest at this point

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I try to stay away from all the drama. That just sounds like drama.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

- Who are some legends within the community?
- What are some signature drinks within the community? What's your favorite?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The community is full of legends. Naming names would be meaningless. A "legendary" status is meaningless. There's nothing worse for you than getting a legendary rep. One of the biggest tools I've ever met was a CMH winner. The guys that have clout are the guys who are looking at retirement and they're still slinging a rifle, spitting dip, and sweating with the boys.

Jack and coke is probably the "signature drink". JW Black, neat, is my favorite.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Did you feel a closer bond and more camaraderie with the guys you went through BUD/S with or your teammates you had once you were in the Teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Both. I'm closer to a higher percentage of the group of guys who I was in a Platoon with than with my BUD/S class, but it was a smaller group so that's what you'd expect.

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what did you post on navyregiment that got deleted?

[permalink](#) [save](#)

[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

They deleted it? Ha. Basically: 1. Good job trying to get disciplined and motivated. 2. Stop calling yourself SEALs. 3. Don't blame your problems on your peckers. Guns don't kill people. Cake doesn't make you fat. Jerking your willy doesn't make you lazy. Being a fully functioning adult means being able to take responsibility for the full reality, not blaming the half of the equation that you aren't responsible for on your problems.

Guess they couldn't handle the truth.

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[+] [deleted] 1 year ago (2 children)

[-] [deleted] 1 point 1 year ago

I posted basically the same shit on [r/nofap](#) and I think they deleted it too. I had never even heard of reddit before I heard about this thread so I never heard of the nofap thing I couldn't believe it, people were literally blaming every bad thing in their life on their dick, weak fucks. I read yours before they deleted it... shit was hilarious

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah. Frustrating thing about the nofap guys is the underlying desire is a good one. They're just going about self improvement in the wrong way.

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[-] [joe_buck_yourself1](#) 1 point 1 year ago

A few TGs have wrote that they could probably spot another TG that they've never met before just by the way he carries himself. Any truth to this? Like could you be at an airport and spot somebody and be like "He's a TG."

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, but he might be SF or Recon too. Operators carry themselves differently, and when you add in the fitness element, and oversized traps, and some of the trademark TG style: baseball hat, gators, blocked haircut, little things like that are like a calling card to other Operators.

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[-] [Nidkid](#) 0 points 1 year ago

Is a BMX bike and fox racing t shirt included in the operator package or do you have to pay extra? What percentage would you say get the copenhagen special?

.. Sorry haha the way you described that just made me think of this <http://www.urbandictionary.com/define.php?term=sick%20nasty%20bro%20bro>

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

60% are on the cope diet. I don't know anyone wearing fox racing crap or who's into bmx biking. I thought that was for middle school kids.

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[-] [Nidkid](#) 1 point 1 year ago

..yeah..... I was just being a dick

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[-] [BuckleUp77](#) 1 point 1 year ago

A few random questions:

1. I started reading The Finishing School and saw a picture of a SEAL training with an MP5. Did you train with that weapon or is it outdated now?
2. Do the circumstances surrounding Chris Kyle's death seem odd to you?
3. Do you think it would be best to go into BUDS knowing everything you can about it or not knowing any details and just expecting to take it in the nuts?
4. Are you authorized to talk about any new technologies being used? I'm thinking of things like the portable drone that can pick up enemy movement that was in Act of Valor.
5. Did you find it was easy to switch on and off between operator and back to a 'normal' person say around your family? This applies more to someone coming off a deployment or something, but did you notice any difference?

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[\[-\]](#) [nowyourdoingit](#) SEAL [\[S\]](#) 1 point 1 year ago

1. Yes. The MP5 is still a good weapon for a lot of operations. The MP7 is probably the future, but the various MP5 varieties still have a place in the inventory, and not just because we already have a lot of them.
2. No. Shitty yes, but not odd. Maybe he said something to set the dude off, who knows.
3. The latter. Have as few expectations as possible.
4. I'm authorized to talk about anything and everything except for a couple of very small things relating to specific ops. I never signed an NDA for being a SEAL, and as a civilian the DOD has no sway over me any more. I suppose I could be charged with releasing classified information if I went into details about some very specific things, like ranges and frequencies, but in terms of new tech, there's nothing that I'm read in on that you can't find on Wikipedia. The UAV program has been pretty instrumental in the Teams for at least the last 6-7 years. Along with JTAC, it's one of those schools that's sought after because it makes you a force multiplier. For the most part, ISR platforms are run by other entities (SEALs don't have their own predator drones), but having an in house capability can offer some tactical advantages. For the most part, tech like that is more about controlling the battle space than anything sneaky and cool. For the guys on the ground, nothing changes, except that they can walk a little bit relaxed on their ingress and egress because of the eye in the sky watching for booger eaters. You'd be surprised at what the 'new tech' that excites SEALs is. Things like a new plate carrier that is smaller, and doesn't chafe as much, or new weapons retention [like this](#).
5. It's a little weird at first transitioning back to being around regular people, but it's not that hard. Flipping back and forth regularly is pretty easy. I've found it's harder to just be surrounded by regular people long term than to switch back and forth. When you're switching, there's a little transition but it's like having a rest. When you're just out and surrounded by regular people, the lack of intensity is so boring.

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[–] [G30s](#) 1 point 1 year ago

Is it ever particularly windy during beach runs at BUD/S? When I do my runs on the beach here on the east coast, it's always windy, and it's a real bitch when I'm trying to get a good timed run in.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 1 year ago

It's not too bad in San Diego. There were a couple of mornings where the wind was trucking, one day in particular I remember the whole class was taking turns drafting off each other on the way down to the truck, and then on the way back you couldn't pump your legs fast enough to keep up with the wind pushing you. That only happened once though in 9 months or so. Besides, all the runs in BUD/S are there and back, so if you have the wind in your face one way, it'll be at your back the other.

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[–] [Nidkid](#) 1 point 1 year ago

Reflecting on these posts, it seems like becoming a TG isn't so much about becoming the best at everything but about being more resilient than everyone else in the room. Is that what you think the major lesson of it all was? What do you think are good reasons for someone to enlist now? What will they definitely get out of their experience?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

That's pretty much it. Being a TG is about being in the top 80% at everything. Being in the top 80% is usually just about sticking with it when others can't hang. A buddy and I had a good laugh one day when we got epically lost at a small national park in Oregon. We were both point men, and lead navs, and I'm an Eagle Scout, and we somehow got off the trail and were trail breaking up a mountain when we crested the ridge and saw the spot we were heading for. I turned to him and said, "We're no better than anyone else are we? We just don't give up." or something to that effect. SEALs aren't magical super ninjas, we're overworked, under trained, middle american dudes who just keep pushing till we get what we want. That looks like magic to the guys who turn back.

I go back and forth between thinking that the experience and training is worth it and thinking that you'd be better off skipping the indentured servitude and learning the lessons on your own. Joining to go "make a difference" isn't a good reason. If you join for selfish reasons, then more power to you, and you shouldn't feel guilty about that. You're going to turn yourself into a tool to be used by lesser men than yourself, you should know that going in and try to get what you can from the experience. What you stand to gain is a new perspective, new friends, a greater sense of confidence and a behind the curtain look at US foreign policy, especially as relates to the dod. A lot of that can be gotten other ways.

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[–] [Nidkid](#) 1 point 1 year ago

Yeah man, as much as I think that being a warfighter would be so awesome I'm beginning to feel like working a sales job making exorbitant amounts of money where I set my own hours and networks with large retirements where I can just learn whatever new skills I want.. I don't really feel like I need to LEARN to be tenacious, it's just something that gets reinforced every time I do something I wouldn't have been able to do yesterday. More freedom, and money.. It seems like the main thing I'd be missing out on is the brotherhood bond knowing that

everyone else is atleast as good as me on my worst day.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

My advice is to seek out other communities of people who excel. You can form strong bonds sitting in a snow cave with the rest of your expedition. You won't get those kinds of bonds with your your friends sitting in climate controlled spaces playing video games. Take up hobbies that involve shared misery. Be open and friendly with everyone and put yourself in those kinds of extreme adventures and you'll start to find those kinds of people that "could have been SEALs".

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Word, reminds me of a story by the Spartan Race founder (Joe Decena?) who was sitting in a snow cave trapped at the top of a cliff. He has a great interview with Barbell Shrugged on YouTube about his history with adventure races if you're interested.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'll check that out.

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Hey man, I never had real experience with sports or team work or anything, really. But I really would like to build a regime of some sorts to get myself physically and mentally in shape. Got any advice?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

That's a hugely open question. Give me some idea of where you are now. This weekend map out and run a 1.5 mile course for time. Do as many situps and as many pushups as you can in 2 minutes. Max pullups.

I can recommend a training regiment based on that. If you're looking to develop discipline and fitness, the thing is to plan a training program (which I can help with if I know more about your starting point and goals) and follow the program rigorously. Assuming you're starting at basically couch potato levels, head over to [/r/Fitness](#) and read their FAQ and Wikis. One of the better breakdowns I've seen anywhere actually, and nearly all accurate.

The key to remember is that this is a process that takes time and is ongoing, there are no quick and permanent fixes. It's a lifestyle change.

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Hahah, it is a terribly open question. I seriously didn't know what or how to ask anything. Well, for the past 3 weeks I have been doing 30 minutes of cardio on a bike so that I can open up my airways(ex-smoker). I can maybe do 5 push ups pretty clumsily in one minute. I could probably do 50+ sit ups without a problem. The problem I'm having is not knowing where to start. I've read a couple of FAQs but they're just words when it comes down to it.

But yeah, I'm gonna reread the FAQs.

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don't trip on being an ex smoker, I smoked all through high school and just stopped like a year ago, ran for a while while smoking and I put in a lot more miles now, itll suck for a while after quitting in that your lungs probably hurt like a mother fucker and I assume your coughing up black shit, don't trip itll go away. I can easily run a few 6 min miles now and my lungs never hurt anymore. Have fun with your workouts man

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Thanks man. It does suck. The only thing I hate is when I feel like my lungs won't expand enough when I'm running. But I've noticed that every time I push myself while doing cardio I keep on gaining my ability to breathe again. Gotta keep pushing it!

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That feeling in the lungs went away for me in like 3 months, it feels so great when its gone.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

If you don't feel like you can't breath when you're running, you're aren't running fast enough.

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That brings me to a question ive been meaning to ask, so on the PTG they say that on the LSD runs you should be running at a mellow pace the whole time, so that your never really breathing that heavy, and that on the CHI runs you should be going at like 80% of the pace you are capable of holding for the prescribed amount of time (something like 16- 25 mins depending on the week). I was doing that for a few weeks but I felt like I was cheating myself and not getting all I could out of each run. So I went back to what I was doing before which is running as fast as possible on my LSD runs, and basically doing an all out sprint on the CHI runs. Which approach do you think would be most beneficial as far as increasing cardiovascular endurance?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

The point of the LSD run is to work your form and loosen things up. It's not really a training run in the terms of increasing your cardio. CHI runs are where you want to push it. I really like interval work as well. Repeat mid distance sprints, 1-2mi. all out with short rest. Interval training is fantastic for building cardiovascular stamina and capacity.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Ok So we're assuming you're at the very bottom, with no where to go but up.

First step is setting some basic goals.

Assuming you don't have access to free weights, we'll focus on body weight exercises.

Pick a time in your day when you can devote one hour to fitness. Right after work or school is usually good, or if you're really going for personal discipline, waking up an hour and 20 minutes earlier every day is better.

You need a simple and consistent routine. Get on google earth or gmaps and map out a couple of different distance running loops originating and ending at your house. .5mi ,1 mi, 1.5mi, 2mi, 2.5mi, 3mi. Print them out or save them so can reference them easily to remind yourself until you learn the routes.

You're going to run 4 days a week. Look up POSE running on youtube. You're going to strive to run using POSE technique.

Routine is:

Start every workout with 1-5min of dynamic stretching.

Finish every workout with 5min of static stretching Stretch throughout the day. Hydrate throughout the day.

(You should hear a voice in your head constantly saying, "Stretch and hydrate, boys." Eat healthy (this means educating yourself on nutrition. Again [/r/Fitness](#) FAQ is a great source for basics on this) Plan a weeks worth of exercises on Sunday. Tailor them to you. Try to mix things up. Find things online you want to try and incorporate them. Plan, and follow your plan. This will harden your discipline.

Just an example:

Day					
Mon	Med Run ~2-3mi 7-10min pace	3x Pushup Ladder, 1-5	3x 30sec plank	30x airsquats	30x each leg lunges
Tue	30min bike	3x max pullups	2x 15 supermans	30xjumping jacks	50x flutter kicks
Wed	Med run, same distance as mon faster pace	3x pushup ladder 1-5	50x crunches	30x each leg reverse lunges	10x jumping squats
Thu	same as Tue				
Fri	Sprint day, 3x .5mi full speed with 3min rest				
Sat	20min bike	Long slow distance run 3+ mi, slow pace, loosen the legs	abs	chest	legs
Sun	stretch	hydrate	plan for next week		

You get the idea. Got to run some errands. Let me know if you need any more advice. Just start. Even though you don't know what you're doing and will struggle, start. You'll learn as you go.

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Dude, this is great. Thanks! I'll give you an update sometime soon.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

The FAQs are really an excellent source, but my down and dirty beginner guide is what I said earlier about:

1. Educate yourself as you go. You're not just working out, you're studying fitness.
2. Come up with a plan and stick to it, best as you can (failure is no reason to be discouraged. It means you're learning about yourself and finding your boundaries, both good things.)
3. Aim to be well rounded. You want a holistic approach. You have a lot of measurable attributes to fitness, you want to grow all of yours bit by bit. Agility, Balance, Speed, Cardiovascular endurance, Peak Strength. Flexibility. Etc. Etc. Once you have a strong athletic base, you can choose to focus more on some areas over others (strength over endurance perhaps = powerlifting and not running). Get the base first. This means variety in your regiment.
4. Things take time, but don't be afraid to push if you think you're progressing too slowly. It's like surfing or aikido or a million other things, there's a sweet spot between rushing it and not doing enough. You want to be sore. You don't want to develop tendonitis or bursitis or any of the other itises, but when you do, don't freak out, just adapt your routine a little and keep going forward.

Get after it.

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Thanks man. I do want it .

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[\[-\]](#) [Ramblingcrickets](#) 1 point 1 year ago

Hopefully my lack of words isn't being conveyed as being uninterested. This is the best possible explanation I could have ever received.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Nothing like that. I was just fleshing out my advice now that I had a moment.

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[\[-\] Nidkid](#) 1 point 1 year ago

Look up Pavel Tsatsouline, hands down the best foundation for this stuff- specifically his book The Naked Warrior and the grease the groove concept. Then look up gymnastics programming. And do low intensity cardio stuff, Beyond Training by Ben Greenfield is probably the best resource I've found. Specifically for endurance: anything by Arthur Lydiard and Power Speed Endurance by Brian McKenzie for the other side of the coin.

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[\[-\] Ramblingcrickets](#) 1 point 1 year ago

Thanks man! I appreciate it.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Agreed. Pavel puts out good stuff.

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[\[-\] Eightwolf](#) 1 point 1 year ago

A while back ago, if I'm recalling correctly you wrote something to the effect of "Don't ever volunteer for svd". Can you elaborate on that?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, at some point they're going to ask for volunteers for SDV. Don't do that. The place sucks, the command sucks, the job sucks. Just stay away from it.

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[\[-\] joe_buck_yourself1](#) 1 point 1 year ago

Happy Thanksgiving bro. So I'm driving through my old neighborhood, which is like 3 minutes away from Ferguson, and everybody from the community is cleaning up. Faith in humanity kind of restored.

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[\[-\] joe_buck_yourself1](#) 1 point 1 year ago

If you guys want a kind of inside report on the Ferguson rioting and looting, it's mostly stupid kids around my age just seeing an opportunity to easily steal things. Pretty pathetic.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yeah, even following it abroad it's pretty clear that most of it is being overblown to build the story. Looting never has anything to do with real grievances, that's just opportunism.

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[\[-\] Nidkid](#) 1 point 1 year ago

Ain't nothing new on news but the blues

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Thanks, you to.

Nice. We always overplay the number of bad people in this world. Most are just trying to get by and make things a little better for themselves and others.

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[\[-\] su-5](#) 1 point 1 year ago

So, first off I want to say that I want to join the teams more than anything else right now. Unfortunately, I have type 1 diabetes (the genetic kind, we kinda get lumped in with the type 2s :/) which is preventing me from joining any branch of the military.

In the off chance that I'm cured, will there be anything putting me at a disadvantage to other people looking to enlist? (I'm mostly worried about technicalities such as people saying, "well you had diabetes so you still aren't able to sign up") For clarification purposes, diabetes does not affect physical attributes, and I currently do meet the standards for enrolling in the SEAL program. Thanks for your help!

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I wish I could tell you but the DOD policies on disqualifying conditions isn't something I'm an expert at. I can tell you that getting through BUD/S with type 1 would be a real challenge. Assuming you were cured, I don't think there's any prohibition about having been diagnosed with type 1 previously.

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[\[-\] su-5](#) 1 point 1 year ago

Well, I guess I'll just have to hope I get cured then. Anyway, it's completely understandable that diabetics aren't allowed to join; reason 1 being that if hypoglycemia sets in on an OP, the person in question would become a liability and not an asset, and reason 2 being that diabetes could literally kill me during BUD/S. :/

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[\[-\] \[deleted\]](#) 1 point 1 year ago

Do you normally/ ever get time off for holidays as a SEAL? Also I heard if you are in BUD/s during December you get about two weeks off from training for the holidays, is this true?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It might have been two weeks. I think it was less than that. You do get some time off though. You often get time off around National holidays but not always. It'll depend on what's happening at work.

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[\[-\] \[deleted\]](#) 1 point 1 year ago

Thanks a ton man, got another question for you if you don't mind, what did you do for recovery in first phase pre hell week? Specifically on the weekends, ice baths, lots of stretching? In Breaking BUD/s the author talks about some guys who had a condo right next to the BUD/s compound and he said he would be in the hot tub there every

night, did you do anything like that?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

All though Prep and onwards I focused a lot on stretching, especially my legs. ITB, calves, hamstrings, gracilis. On weekends I would walk into Coronado (eventually I got a beach cruiser and would bike), get a big breakfast, window shop and stroll around a bit. Then maybe head into San Diego and get a massage (I quit with the massages pretty quickly, don't recommend them in general because most places are going to do more harm than good), get lunch, hang out and explore a bit. Generally stayed away from booze, but I might have a beer or wine with dinner, along with a lot of water. Then Sunday was the same thing but I'd get a haircut and do uniform and room inspection prep.

Stretching and hydrating is pretty much the cure for everything.

Once I had wheels I would head to NAS North Island and use their gym on the weekends. Mostly just spin the legs on a stationary for 25-30 minutes to loosen things up, but I might move a little weight depending on how I was feeling.

My advice is try and keep things as chill as possible, maintain a low profile and avoid BUD/Sy type places, the beach, certain places in Coronado (you'll know), NAB, and eat a lot, hydrate, stretch, and do any other spot work you might need. Treating wounds, icing swollen joints, catching up on sleep. The weekend is your time to recharge and get ready for battle again.

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Got any favorite ITB stretches? Did you develop any ITBS issues during BUD/S, Ive heard almost everyone does? My whole family lives in SD, anything wrong with seeing them on the weekends? What are your thoughts on massages by physical therapists/chiropractors I used to go to PT for my back and I feel like the massages really helped?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

[This](#), because you can really relax and rest while you're doing it. In front of the tv, during a cool down, whenever, it's a super chill stretch and one I did all the time. [This](#), you can do while you're getting coffee at work, or on an airplane, or while waiting for the bus. Also a great thing to be in your constant daily repertoire. [The big guns](#) ...busting out the foam roller or a piece of 8" pvc if you're hard core and going to town on the ITB's is the thing to do.

I had some mild inflammation, especially after jumping right back into Indoc after being rolled out of my 1st Hell Week. Everyone has ITB and hip flexor problems in Hell Week. It's unavoidable. You end up moving like a bad movie zombie, running on straight legs. I really stepped up the time on the bike, and stretching and hydrating and they loosened back up pretty quickly.

No, I'd totally visit with family on occasion, but my first focus would be spending time with my classmates and taking care of my own business. I think I probably called home nearly every weekend. Family is a good source of support.

It's kind of hit and miss. I think if you have a muscle issue, not ligament or tendon or joint, then a physio or chiro can probably be a big help. The Center has a chiro/physio on staff and he does adjustments during Hell Week for guys who's backs lock up and they can't stand upright anymore. It works for a short while. I am hesitant to recommend them fully because I know plenty of guys who spent their whole weekends at massage therapist, chiropractors, acupuncturist, etc. blowing their paychecks and doing more harm than good. For the most part, stretching and hydrating is all you need. When you have real specific issues, then yeah, it might be good to seek out a pro. Another example I can think of, I had my Achilles tendon get trapped from inflammation in the tendon sheath and my calves wouldn't uncramp. A guy in class who had been a massage therapist at a top 10 school managed to get it to release in about 10 minutes, but then after that it was a matter of stretching it constantly and staying well hydrated. So IMO, they don't fix problems, they're just best to unfuck something for you in a temporary sense.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

What's your resting heart rate, having done so much endurance work?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

In the 60's. The lowest it got was around 53. I have a buddy who regularly runs in the high 30's. He's a bit shorter and runs a lot more than me.

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I was meaning to ask that question, do you know what it was like the day you walked into the recruiters office and after completion of BUD/S (I assume your lowest was after BUD/S?)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Low 70's before BUD/S. 53 was after BUD/S.

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[\[-\]](#) [FlashAndPoof](#) 1 point 1 year ago

Wow, I can't believe you're still answering questions! Mad props to you good sir!

You ever consider going private sector? I personally wish we compensated our special forces better, and I can't blame any SEAL for wanting to cash in after fulfilling their duty.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I'm in the private sector now. I got out over a year ago. I've been traveling on some savings but it's time to get back to work. One of the main reasons guys don't get out right now is because even though it's not a great paycheck, being a SEAL guarantees a steady paycheck, and the private sector isn't very kind to former SEALs. This idea that you cash

out is bullshit.

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[\[-\]](#) [crazy8ball17](#) 1 point 1 year ago

Do you think DORs are thinking rationally when they ring out? I can kind of see it both ways- rational in the sense that they don't want to endure any more pain and suffering and a 'normal', sane person would ring out. But on the other hand, I kind of see it as they are acting irrationally. They have spent probably over a year training (DEP, boot, prep, etc) maybe even more and they are quitting because they are in a momentary state of pain. They've invested so much time into this before BUD/S and now they're facing life in the fleet for the next few years so in that regard I can see how quitting is pretty irrational

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

No. They are being completely irrational 98% of the time. Decisions based on discomfort and fear aren't rational decisions. Most people who quit allow their animal brain to influence their decision making. Part of what the whole process is about is finding people who can turn off the 80% of the human brain that is shared with the lesser species. It's reason that allows you to stay calm when everything is going to shit and everyone is losing their stupid fucking monkey brains. Being able to assess the possible outcomes of various actions. Quitting, not quitting. Ducking. Walking towards the gunman. Freezing. Fighting. Being an Operator is about maintaining your cool and continuing to reason things out.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

What's the run down on minorities in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Not a lot of them. Navy has had a big push for a while to recruit more minorities in an effort to diversify. Most guys don't see color, but it can be annoying because the Navy does, and guys with more pigment tend to get more passes. Probably hurts more than helps because guys will often assume a minority is an affirmative action case, initially. We're all TG's though, so we assume the worst in each other and then form our judgements based on performance later.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

So I have heard time and time again that you can't really "train" for the cold. and I think that't not necessarily true. People living in cold climates think that 70 degree weather is very warm, so I feel as if running in cold weather or perhaps spending time in a colder apartment could be helpful. What's your opinion on "training for the cold"? Physiologically, I believe it is totally possible to prepare for the cold, although that could be an excessive amount of preparation.

That being said, could you perhaps describe how could BUD/S was? Is it like running is 40 degree weather for 20

minutes where your nose is snotty and your ankles are red and hands are numb? Any similar cold experiences you could compare it too?

Thanks!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You can acclimate to a colder climate, and you can grow up in a colder place and store fat more effectively under your skin, but you can't really condition yourself for surf torture. Most cold training is actually the opposite of what you'd ideally think of as cold training, in that you're decreasing your bodies ability to shunt blood flow. You do this so that you can perform at a higher level, ice climbers for instance who dip their hands in ice water to gradually reduce the shunting effect and maintain blood flow to their hands. While this is great for ice climbing, it increases the speed at which you become hypothermic, which is what happens in surf torture. Pretty much the more you get hypothermic, the more quickly you'll get hypothermic.

BUD/S was a deep down long lasting icy cold. You were always cold, always wet. If you've ever jumped into really cold water (the kind that stings) you know you get the endorphin rush and it can be fun for a few minutes but eventually you just get cold and want to quit playing and dry off. You never dry off in BUD/S, you just keep getting wet, and colder. I try not to think about it too much.

I've had plenty of cold experiences since BUD/S, including 12 hr 42^o water night dives, where I had to be carried to a hot tub after, and barely surviving being whited out for 2 days in a -25^o patagonia storm with minimal supplies, but there's nothing like that helpless constant down to the bones wet cotton cold you get in BUD/S.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

NOW I understand, thanks!! Those water night dives sound awful, and that's one hell of a storm!

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What are some good core strength goals for those of us that want to go to BUD/S?

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The obvious one is max situps in 2 minutes. Trying to get above a 100 should be your goal. Next goal would be trying to get above 100 with nothing holding your feet. Hands on shoulders, good form. That's a good gauge for strength and endurance.

I focus more on core strength than endurance now, and would recommend the same after BUD/S, but BUD/S is going to require endurance, so things like 1000 4 count flutter kicks, or a 15 minute plank are better gauges for the kinds of conditioning you need for BUD/S.

On the strength side, I like elevated floor L-sits. [These](#)

Front Levers.

Actually look up and read about John Gill (his level of strength is a good aim for a strong Operator body.)

[Weighted Leg Lifts](#) with 20-30 lbs, sets of 10. (More weight if you're shorter because it's a leverage exercise)

If you know what you're doing, heavy [Turkish Getups](#) are a great core and shoulder test.

Ideally you'll be able to do all those movements and weights, and you can reduce the amount of training time by smoking your abs with the "heavy" lifts quickly, and then follow up with something basically akin to 8minute abs (which is a solid program by the way) where you go for an 8 minute nonstop endurance session to finish them off.

More and more I find that training methodology to be a good balance. Do maximal effort first, and then endurance medium effort immediately after. You won't get the biggest gainz, but you'll have a good balance between strength work, endurance, and time spent in the gym.

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[\[-\]](#) [OsamaBinBallig](#) 1 point 1 year ago

I'm 100% confident that I would accidentally drop a dumbbell on my nuts at some point during those weighted leg lifts

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

When I go real heavy with them, I'll use a 24" sling wrapped around the dumbbell handle and my ankles to prevent that. Also, the next level is to come up from 90 into a dragon flag and then go vertical, so the sling helps to prevent dropping it on your head.

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[\[-\]](#) [OsamaBinBallig](#) 1 point 1 year ago

So would it look [like this](#) with a dumbbell between your legs?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Yup. You can see how the top position would be especially bad for dropping the dumbbell. You'd have to react much faster and from a worse position than from a normal leg lift, where if you just flinched up you'd catch the weight on your belly, and maybe even in your hands.

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[\[-\]](#) [OsamaBinBallig](#) 1 point 1 year ago

So hypothetically speaking if two persons were to restrain your feet while they were vertical and your hands at the same time they could essentially perform a reenactment of the movie deliverance in your asshole while face-fucking the god giving shit out of you, correct?

[Kind of like this?](#)

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[\[-\]](#) [OsamaBinBallig](#) 2 points 1 year ago

Also side question, are you still on TRT or did you stop after you got out?

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[–] [Nidkid](#) 1 point 1 year ago

I just got a set of parallettes, too fun. Can do an L Sit and am learning a tuck planche right now. Honestly so much more involved than lifting weights, and I'm getting swole on accident doing this stuff. My shoulders and forearms are like kaboom since I started playing on rings too. Definitely envy gymnasts who have been doing this their whole life. Have you looked at Building The Gymnastic Body?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Yeah, that's a fantastic book. One good thing about not doing gymnastics your entire life is you've probably gotten taller than you would otherwise have. Besides, you got your whole life, starting now, to catch up. It doesn't matter where you start, just where you finish.

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[–] [ToMetric](#) 0 points 1 year ago

30 lbs = 13.61 kg

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[–] [TrimHopp](#) 1 point 1 year ago

When you go home, how does your friends and family treat you? Is it nothing but incessant questions about what you are doing, even though your only response is pretty much "I can't talk about it?"

How does being a SEAL affect your relationships with civilian friends, if you take away the distance thing? In other words, do people act differently towards you solely for the fact you are a TG?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

Most people don't care as much as you think. You might meet people who are fascinated by it and want to ask a bunch of questions, but usually your friends and family already know you and aren't that impressed by you. By the time you're through with BUD/S most of the interested friends and fam will have googled SEALs and learned all they need to know. I've found that the more awkward situation is when you meet someone and then they proceed to introduce you to one of their other friends and inevitably say something like, "watch yourself around this guy, he's a navy SEAL."

And you'd be surprised about what you can talk about, you just normally don't because it's often a lot more boring than you'd expect. Also, I've mentioned it before, but this "cool" stuff we do is just your job, and you get rather nonplussed by it, so when you start talking about it you either sound like you're boasting or like you're hiding something, so you get uncomfortable talking about it, and people pick up on that and don't usually press you.

I don't think so, not noticeably anyway. I remember being home for Christmas or something one year and I was climbing up onto the roof to get a frisbee down, and my pops was standing there telling me to be careful. We had a laugh afterwards when I reminded him what I did for work. You've already formed impressions on people and they see you as you were to them when you left. Another thing is that for all the crap SEALs take for being flashy hollywood primadonnas, the reality is most TG's want nothing more than to fade out of the limelight and be just like everyone

else. I wish I didn't have to include it on my resume. I want to yell at hiring managers, "I'm the best candidate because I'll work harder, be more clever, work better in a team, etc. not because I was a Navy SEAL but because that's who I am."

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Any comments on FBI HRT? I have a relative in there, never met him though. He might be out now.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I worked with a couple of HRT guys, they seem very professional. They're obviously FBI Special Agents 1st, HRT second. It sounds like they have a very high level of training, with several hours of house runs daily, very analogous to DN in terms of CQC. It's not a very big team, but if I was already going down the FBI pathway, something I'd definitely be trying to get on.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago*

If I can't get into Big Navy cause of technicalities (possible security clearance issues / an arrest when I was a minor) let alone BUD/S do you think the Marines are a good alternative? Are they easier to get into/ if I spend a few years there will that be good prep for the lifestyle? What can you tell us about MARSOC? Despite the fact that the physical standards are obviously less stringent you think training throughout the day like grease the groove style will be encouraged? Also when I was a kid and didn't know that SEALs existed I thought being a marine was the bees knees, so if I'm joining the branch first I would way rather be a marine than a sailor, I mean every MOS in the marines is kind of cool.... Can't say the same for the navy.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You're looking at basically the same enlistment requirements. If you can get into one you can get into the other for the most part. An arrest as a minor probably won't affect your security clearance, unless it was for treason.

MARSOC is growing rapidly but the last I heard, the issue with MARSOC is that the Marine Corp sort of cobbled it together and you've got a bit of a divided front. The Corp still has Force Recon, which does what MARSOC does, and has the majority of the experienced guys. We really need a current MARSOC guy to come in and answer. MARSOC doesn't get the DOD love that the SEALs get, but it's probably pretty close in most ways to being at the Vanilla Teams.

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[\[-\]](#) [mikegymnastics](#) 1 point 1 year ago

Best was to get faster at the 500 yard swim? Is combat side stroke recommended?!? Thanks!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

CSS is the only stroke you'll be allowed to swim during the BUD/S Indoc PST, so you might as well practice it.

1st step is ensuring your technique is maximally efficient. Spend quality time working on perfecting your stroke.

2nd step is increasing your speed. Being faster just means being more powerful on your pull and kick and recovering just a little faster, you still want to maximize efficiency by using that forward glide for a moment. I.e. there should still be a pause in your stroke when both hands are out front. Try doing workouts like 10 x 100m on a clock, maybe 1:45 at first, and work down over time. Ideally you would do your 100 at 85% of 100 sprint speed and have ~5sec of rest in between reps.

When you are happy with your speed, pick up a cheap dive mask somewhere and start swimming with that. It can mess with your head not being able to breath through your nose the first time you try swimming with a mask.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Do guys make decent money in the military? Looking at the numbers it seems like BAH is usually higher than you need, BAS is pretty substantial and that the actual salary you get paid is just the icing on the cake. Is there anything I'm overlooking? I mean, for a single guy with no family or medical obligations.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

As a TG especially, you'll have more income than you need. I wouldn't say you get payed very well, but because a lot of your life revolves around training and work, you don't have a very high cost of living. Plenty of guys I know, myself included, slept in vans or cars to keep expenses down even further, which is easy to do because you have a gym, locker room, gear storage, pool, etc. provided for you. On training trips you generally get food provided or per diem so if you're working a lot (which you want to be anyways) then you don't need much income and most everything is icing. The thing is, we're not talking about very big margins here. If I lived the same sort of ascetic lifestyle, and saved the same percentage of my income and worked as much and as hard as I did as a SEAL in a finance or engineering role, let's say hypothetically making 100k (which isn't that much and working as hard as I was, I'd have probably been advancing well above that by now) I'd have close to half a million in savings.

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What did they offer you to re up, in terms of cash bonus? If you don't mind sharing.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It was somewhere around \$12k when my re-enlistment was due. They couldn't have payed me enough. The high point for reenlistment bonuses was around \$90k but those days are long gone.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Is a car necessary if I decide to have a regular apartment? I have a lot in student loans to pay back so I was thinking I'd rather get a bicycle instead of pay for a car & insurance & gas. Are most bases small enough for that like (10 mile diameter) or are they usually like mini cities?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You'd be fine with a bike. SQT might be a little tricky, but it just means you're limited to Imperial Beach or downtown San Diego. The bases we're on are all fairly small. VB is the biggest one, and it's only a few miles from one end to the other. The other issue is more about transporting gear and going home at 4am after you're totally shithoused from a 20 hour day. If you room with another guy in your class or platoon than you'll probably be set, but again, for more and more guys without families, the deal is pay for the car, not the apartment or house.

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Can you get BAH and live in your car? I was thinking about buying a duplex and renting half out after I'm in the Navy, that way I could have income stream after I leave the Navy, hear of anyone doing this?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It's against the rules, I'm sure. They'd rather you rent a place for the max of your BAH allowance and piss the money away than let you just have it. Another potentially smart move if you're looking to invest is to buy, use your BAH to pay the mortgage, and rent it out. You can live in your car and as far as the DOD is concerned you have a house and a mortgage and the BAH is going towards that, they don't need to know that you're keeping it rented.

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I like that idea, gives you income + equity. Thanks.

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[\[-\] JogaMimFora](#) 1 point 1 year ago

"You'll find tips like this in my book that you won't find anywhere else. Order *Now Your Doing It: What to Know Before You Get Your Trident* now! But don't wait! The more you delay, the longer you stay uninformed. Order now and I'll throw in my guide called *Staying Grounded, a Navy SEAL's Guide in Running in Boots*! But wait, there's more! Order in the next thirty minutes and you'll receive not one copy of *Now Your Doing It: What to Know Before You Get Your Trident*, but two! We'll even throw in another copy *Staying Grounded, a Navy SEAL's Guide in Running in Boots*. Order now! Supplies are limited! Call 1-800-NWUR-DNIT, again that's 1-800-NWUR-DNIT."

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[\[-\] Nidkid](#) 1 point 1 year ago

Is that an operator thing? Will I seem like a douchebag as a regular marine if I live out of my car?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No. Probably harder to do if you're a boot marine. You got more people breathing down your neck.

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[\[-\]](#) [sonsta](#) 1 point 1 year ago

Did you know any TG's before enlisting? What did they have to say when/if you asked them for advice?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I met with a SOMC when I was 14 or 15 to talk about joining. He was very forthright about his answers but I was just too young to ask the right questions. The meeting was probably 20 min and most of it was him asking me, "what else?" and me umming and ahhing trying to come up with good questions. He had just moved to an Instructor spot at a Naval Aviation survival school to get some rest and relaxation when 9/11 happened a few month later. Our meeting was a few months after 9/11 and mostly he talked about how pissed he was to be stuck there. I had a good mentor too in the DEP program, he was around fairly often so I got plenty of advice from him. The piece that stuck with me the most was, "They're going to give you the keys to the gates of hell. The question is whether you want them or not."

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[\[-\]](#) [EVera34](#) 1 point 1 year ago

Why the fuck aren't we in Africa using spec ops guys to fight pirates and warlords and all that garbage? I know it "isn't our fight" and we don't want "boots on the ground" but isn't that what these guys join for? I'd personally love to get in on that shit.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

We are in Africa. Africa has been a growing priority for the last decade. Politicians know that the US public has no stomach for black hawk down pt.2 so our presence there is fairly small and low key, but for every high profile hostage rescue that goes down in Somalia, there are dozens of ops elsewhere on the continent. The real issues in Africa aren't piracy and warlords for the most part, it's establishing cogent governments and creating stabilized infrastructure so the vast resources can actually benefit the people there. In the short term, the US should be much more proactive in rescuing hostages, of all nations. There are currently hundreds of them.

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As far as I know the US only makes an effort to rescue hostages that happen to be a US citizen, do you know if there's a reason for that, like some law? There's an interactive map of hostages around the world of all nationalities, theres a shitload throughout Africa, the mid east and southeast Asia; I assume JSOC is capable of conducting multiple hostage rescues fairly regularly (given they have intelligence on where they're being kept), so my basic question is why do you think they're not doing it?

Also, while CAG has definitely done its fair share of hostage rescues, it seems like DN does them way more often, especially in recent years. Is it that the commanders who approve these missions just trust DN to be able to pull it off more than CAG or is it that DN is actually more capable then CAG?

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

The US went for this [chick](#)

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[\[-\]](#) [autowikibot](#) 1 point 1 year ago

Death of Linda Norgrove:

On 26 September 2010, [Scottish](#) aid worker Linda Norgrove and three Afghan colleagues were kidnapped by members of the Taliban in the [Kunar Province](#) of eastern [Afghanistan](#). At the time, she was working in the country as regional director for [Development Alternatives Incorporated](#), a contractor for U.S. and other government agencies. After their capture, the group was taken to the nearby Dewegal Valley area. United States and Afghan forces began a search of the area, placing roadblocks to prevent the group from being moved east into [Pakistan](#).

Image ⁱ

Interesting: [Norgrove](#) | [Korangal Valley](#) | [List of operations conducted by SEAL Team Six](#) | [2010 Badakhshan massacre](#)

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Your right. However I was thinking they went after her because they was in an active theater where DN was already deployed like if she was somewhere in Africa maybe they would have encouraged the Brits to handle the situation if they had info on her location. Also, Ive read in some places that Brit intelligence guys were pretty heavily involved in the operation and even heard there were SAS guys there when Norgrove died.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

JSOC could be rolling on hostages day and night. The risk/reward isn't there for foreign nationals. First you have the behind the scenes diplomacy that has to happen. Other countries might have ongoing efforts that a rescue attempt would derail. We might not be on the friendliest terms with said other country. The politicians (and therefore the DOD headshed) would take all the risk of the op going poorly, and receive very little reward from their constituents. Imagine a bird goes down in Somalia and it comes out that the guys were going in to rescue some Lithuanian shipping crew. How does that play in the US press? "We're sacrificing Americans for Lithuanians?! Why isn't Lithuania responsible for that?! We can't protect our own diplomats in Benghazi and Bobama is sending troops into Somalia to die over some money? Just pay the money!"

I was involved in the planning for a hostage rescue. It was clear from the rehearsals that everything was being done on the Intel side to ensure minimal operational risk, to the point that it seemed unnecessarily easy. It was all overkill to the Nth degree. This was for an American and as far as I know the op never went down, but the

experience showed me just how reticent leadership is to take risk.

I don't have a lot of experience with CAG, but I can tell you I haven't heard of them doing much recently. Not hearing can mean that what they're doing is way above your level and super sneaky, but in the circles I was in the likelihood is that it means they really weren't doing much. I've heard a few public comments from some ex DN guys that CAG isn't very active these days.

The reasons why that's so are hard to say. My guess is that the light is shining brighter on DN now and the they're getting more of the pie. This is pure speculation now, but I've always thought that the CAG model of recruiting from a broad base of candidates in the infantry, and having a selection course that focuses a lot on land nav is going to result in a somewhat disjointed and not very well rounded corporate culture. DN on the other hand, starts with the same seed candidates (all experienced SEALs) and then trains them to be better at everything. To me it seems like the logical extension of the difference between a SEAL and a ranger or a GB. Our selection course requires that you prove you can handle a wider variety of operational environments, and is frankly more difficult. Then we filter ourselves by self selecting for who gets to even screen for DN (you have to have your MC's approval). And then we have probably the hardest selection course in the world (haven't done it, but everything I've heard confirms this) which has a component of self selection again because you ultimately have to get the nod from the operators at DN to get through Green.

So ultimately, you have two very different cultures, even though they have primarily the same capabilities, and I think the DN culture is more attractive for the brass. You also have the Navy thing. It's more logical to send Navy SEALs from DN forward to deploy off a carrier or sub than CAG.

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I don't have a lot of experience with CAG, but I can tell you I haven't heard of them doing much recently. Not hearing can mean that what they're doing is way above your level and super sneaky, but in the circles I was in the likelihood is that it means they really weren't doing much. I've heard a few public comments from some ex DN guys that CAG isn't very active these days.

I know CAG went into Syria to try and rescue all of the hostages ISIS was holding. But all the hostages were gone and they just ended up killing a bunch of ISIS people.

http://www.longwarjournal.org/archives/2014/08/us_launched_raid_in.php

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[–] [deleted] 1 point 1 year ago

Also they abducted the Benghazi "mastermind" from Libya. Awesome video of the abduction

<https://www.youtube.com/watch?v=BuNkAMkpVrE>

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[–] JogaMimFora 1 point 1 year ago

Hola!

1. You cite job difficulties. What jobs have you been applying for? Are you on top of your resume writing skills? I ask because on top of my wantrepreneurship, I've also looked at jobs and realize that while my skills and experience were

solid, my resume writing skills poorly translated those into what companies were looking for... So maybe the same is happening to you.

2. Ex-military have been going to Iraq to join up with the Peshmerga against ISIS. Your thoughts?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

That's certainly a possibility. I've worked fairly hard on cleaning up my CV's, and I've sent out dozens of different versions, usually tailored for the position. I think it has more to do with my background being unconventional. The feedback I always get, no matter how watered down, is that my CV is too military. I know the obvious things to do to bring it inline with the current expectations is to get an MBA or a Masters and do a lot of volunteer work. I'm not credentialed or connected, and those two things would solve both. That's the key to finding work in the corporate world these days. Credentials and connections.

Waste of time. The powers out and the food in your fridge is spoiling, do you run out and buy a flyswatter to go to war with the flies? Fighting ISIS (and AQ) is like fighting the flies attracted by the stench. If you're not going to clean up the rotting food, then you're fighting a losing battle. If the UN or US said tomorrow that the free world was going to yank the middle east into the 20th century and anyone who didn't want to join was welcome to go straight to hell, I'd be over there the next day doing the work of sending them there.

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[–] [JogaMimFora](#) 1 point 1 year ago

Thank you for your input about ex-military joining the Peshmerga. Another opinion is always interesting.

Speaking of different opinions, you might want to check out [/r/resumes](#) and [/r/GetEmployed](#) and tell them your situation and employment experience so far. That would probably mean posting your resume, which you might want to block out your name of course. Or even consider a resume writing service... You've got a gold mine of skills that just need a little *extra* marketing.

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[–] [joe_buck_yourself1](#) 1 point 1 year ago

Know anything about CIA SAD/SOG?

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[–] [nowyourdoingit](#) SEAL [S] 1 point 1 year ago

Not a lot of first hand experience there. I've heard they're mostly taken from experienced tier one operators who are looking to go into the intel side of things. My gut feeling is that the whole paradigm has shifted in that area. Instead of running their own in house unit, I think the Intel agencies are doing much more cooperative work, think numbered and colored Task Forces. The level and experience present in the military units makes the need for additionally trained secret squirrel guys less. It's more about the same guys with the same capabilities just working on different projects.

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[–] [Eightwolf](#) 1 point 1 year ago

I have a question on the running pace for BUD/S. I'm currently on the Track Team at my school and for endurance runs in my running group we usually do 5 miles at an 8 minute pace. How does that measure up to the running at

BUD/S? I understand the timed runs are 4 miles at 32 minutes minimum, but before heading out what's a good endurance pace and distance to strive to achieve over the coming months.

I also understand that the sand is an important variable that has to be considered, but do you think that really hilly terrain with unstable ground such as trails is a comparable challenge.

One last thing on a non-cardio subject, I've started to follow the NSW PTG to work on my PST scores. [Here](#) is the link, what do you think about the methodology of this training guide? I've adapted it so M-F I do Push/Sit/Pull based the recommended sets and reps, and Saturday I'll follow the lifting guide. I've found that model to work well with my track schedule as far as not interfering with the training for the sport, but I'm not sure if it's any good in terms of helping me though. Once the season ends I'm thinking I'll break it up with a second lifting day in between the calisthenics, thoughts?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Think 6min/mi pace. The reality is closer to 7:15-7:30 but you're in boots, wet pants, and running on soft sand so it'll feel like 6min miles. By the time you finish BUD/S and are allowed to run in shorts and running shoes on pavement, you'll do 4mi in 21-23min no problem.

Again tough, BUD/S is the training for that, so you don't need to be there going in. I'd say you'll probably be a comfortable runner at BUD/S if you're holding sub 7 for 5mi.

Hills and trails are both good training grounds, but they don't equate to soft sand. I don't recommend you attempt a lot of soft sand running because it's brutal on the body in terms of wear and tear. Most the good runners in my class were regular track runners, they hadn't done any special preparation, just high levels of cardio fitness.

I think it's a good guide to get you ready for BUD/S prep. You still need to assess your own weaknesses and potentially tailor it more to you. In your case, I'm assuming you're getting 30+ miles of good cardio training in a week, so you may find you're a little weak on the actual strength side of things. Additional heavy lift training days, like you said, might help.

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[\[-\]](#) [Ajax64](#) 1 point 1 year ago

Holy shit! A sub 7 minute mile for 5 miles? Looks like I have to up my speed work. I have a few questions first though.

How many of the people who go through BUD/S are actually comfortable runners there?

Did you see any guys who were mediocre or not the best runners make it through?

Lastly, you said you were running about a 10:15-10:30 mile and a half when you went to BUD/S, so did you have a tough time with the runs?

You just made me nervous with this post. I'm a big guy, 6'4" about 235lbs, so running isn't really my strongest activity haha.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

I'd say maybe 10-20% of guys are in danger of failing any given 4 mile timed run if that makes sense. In other words, maybe 10-20% of the guys in class are bad enough runners that they have to struggle to pass the runs and if conditions are bad they might fail. I'd say 10-20% of guys "cruise" (no one cruises, they hurt for everyone) every run and are never gooned. The remaining 60-80% of guys (where I initially fell) are pretty confident they're going to pass the 4 mile timed runs with a few minutes to spare, and can usually stay with the pack for most of the soft sand runs, but may drop back and get gooned occasionally.

I had a rough time with soft sand runs initially, but that was just a matter of recalibrating what I thought hard was. After getting rolled from Hell Week, I was a running fool. Never got gooned after that and was often in the top 5 finishers. I wasn't in better condition, I could just will myself to speed up when I would have slowed down before.

By the end of BUD/S everyone is a comfortable runner.

We had a guy who was 6'3" 230 who we'd tie a rope around and drag on runs. For his last timed run the Instr took him to the sidewalk along the road and let him run on pavement so he'd make time. Dude is just a huge muscle bound beast, who is a great guy and fun to be around, so they bent the rules a bit to help him out. If you're a big dude and good at everything but struggling on run times, they'll help you. BUD/S is not about disqualifying guys because of their physical limitations, it's about exposing and getting rid of the guys with mental limitations.

My advice is try to cut weight. Even being 215 will make a huge difference for you. I went through 6'3" 180 and I think my body was about perfect for BUD/S. Think lean mass.

On the running front. Best way to build speed quickly is repeats and intervals. .5 - 1.5 mile repeats are great, as are 800m fast 400m medium intervals for 3-4 miles. Steady state endurance runs are fine cardio work, but speed comes from putting the pedal down and trying to hold on.

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[\[-\]](#) [Ajax64](#) 1 point 1 year ago

Thanks for the reply. I've lost about 25 lbs already since i started training but it looks like I need to lose another 15 lbs at the least. I'm a former college football player so I have a lot of muscle, especially in the legs and chest, so I probably need to shed some muscle as well. I have one more question though.

What was the pace and distances for evolution's such as land portage and ruck runs?

It seems to me that a lot of guys have trouble with them especially.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Where'd you play college ball?

It's hard to say exactly. The Instructors leading those evolutions would sometimes have a watch or a gps and would tell us afterwards what our pace had been, but it was always hard to tell if they were lying or not. Sometimes you'd finish an absolute death run 6 mile sprint for survival and they'd show you the watch and say, 8:15min pace, and you just knew they were bullshitting you.

Land portages aren't fast. They're intense, but you won't be going forward quickly. You shouldn't even

the same weight for everyone, so you throw 30lbs on and for you that's a big meal, for the little guys that's a quarter again their body weight.

The place to carry extra weight for BUD/S is legs, traps, shoulders, lats. Chest isn't going to help much (I did pretty well at almost all the evolutions and couldn't do a body weight bench). You want that weight in muscles that help you move your body and your body plus extra weight.

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[\[-\]](#) [Ajax64](#) 1 point 1 year ago

I played D3, nothing glorious. Thank you for your responses I appreciate it. I'm in DEP right now trying to get a contract so hopefully I have time to shed some weight and get better.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You got tons of time. Even if you shipped tomorrow you have months before you're even in Indoc.

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[\[-\]](#) [Eightwolf](#) 1 point 1 year ago

For bootcamp I know they have a special operations division, but I've heard you will still get out of shape. Do you feel that BUD/S prep does an adequate job of getting candidates back up speed. I heard something like you only run 3 days a week. Do you do sand runs in boots during BUD/s prep?

Also in terms of general boot camp fitness, do you have any suggestions to maintain a good level of fitness during bootcamp. Extra Pushups, or stuff like that, if there is even time to do that in bootcamp?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

No sand runs, except the occasional run along the waterfront in Chicago.

You definitely get out of shape during boot camp, even the special divisions, but they're trying to get them better. It's not a huge issue though because Prep and Indoc get you back into shape. Really, what people don't seem to fully comprehend, no matter how many times you tell them, is that BUD/S isn't about being in shape. Guys used to do it with no preparation whatsoever. Its a process designed to build, not a final exam or race day.

If you want extra PT in bootcamp, which is basically verboten. We would sneak it in or get everyone punished so we could do some extra workouts. I wasn't in a spec div though, so we did pullups in the laundry room, pushups in the bathroom, and things to piss off the (drill sergeants whatever the fuck they're called in navy boot) so that they'd re mediate us. One of the many ironies of the DOD was being made to workout for getting caught working out.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

Have you heard of the Bone Frog Adventure Race? 9 mi obstacle course designed and run by SEALs. Friends of yours? Considering doing it. It's in May 2015 so I will probably be fit enough by then..... I think . What's your thoughts on adventure races?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I don't think I know the guys running that.

There are two kinds of adventure races. There are the Barkley's and there are the Tough Mudders. One is designed to actually test you, the other is designed to get the largest audience of participants. My guess is the Bone Frog is a Tough Mudder. It might be fun, but it's not going to be some transformational quest. I think paying for a fun race is stupid. The only reason I'd pay for a true test adventure race is for the medical and logistical support. Same with Iron mans and marathons. Just map a course, buy a timex, use the chronograph and time yourself. Paying hundreds of bucks for a sticker and t-shirt is retarded to me.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Any life advice or guidance? Thanks for answering all our questions. Just another hopeful Frogman like most people here.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Don't join the Navy.

Travel.

Climb mountains.

Eat big, get big.

Stretch and hydrate.

Shoot them in the face.

Oswald was a fag.

You don't need socks, you need traps.

Be hard.

Don't sip mixing whiskeys or mix sipping whiskeys.

Bitch drink sundays.

Don't fucking die underwater.

Be prepared.

Always have an out.

Don't marry someone you feel the need to lie to.

Slow is smooth. Smooth is fast.

2 is 1. 1 is none.

Plan your dive and dive your plan.

Question everything.

Make your idols your rivals.

Admit nothing, deny everything. Make counter-accusations.

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which Oswald?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

The one that shot JFK. Lee Harvey.

The line is originally from "The Usual Suspects".

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[\[-\]](#) [ptownboogie](#) 1 point 1 year ago

Hi thank you for your service and answering all these questions. I'm also a BUD/S hopeful and I have four questions for you if you don't mind.

(1) What are the top 4 most worked muscles at BUD/S in order of most worked to least? (e.g. chest, shoulders, lower back, traps).

(2) During the pull up bar portion of PST, do you get to dismount the bar to rest before end of 2 minutes or do you have to remain in a deadhang on bar the whole time?

(3) What percent of people DOR due to injury?

(4) How long does a log PT session last during the first three weeks before hell week? Furthermore, during the first three weeks before hell week, how frequently do candidates perform log PT?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Legs: glutes, hams, quads, calves. The things that tend to give out on people are shoulders, backs, traps. Pushups are always going to get sloppy eventually and aren't that big of a deal.

There is no time on the pull up portion of the PST. They may restrict you to a few minutes just to speed things along

because it only takes 15 sec to do the 6-9 you need. You're not allowed to dismount the bar. You can regrip and hang, but you can't dismount.

No one DOR's because of injury. You DOR because you're being a pussy. You get med rolled for an injury. Maybe 20% of guys will get a med roll some point in training. There are exact statistics that the Navy possesses but I don't know them. Med roll's are annoying and a bummer but ultimately not a big deal.

It last longer than it should. Typically in a log PT, I would hit multiple levels of "I can't do this any longer, if we don't stop in the next 10 minutes I won't be able to keep going." There were log PT's where we'd go for 2-3 hours, then do a pays to be a winner race. The winning boat crew would get to secure their log and leave. We'd do another 10 - 20 minutes and then another pays to be a winner race. This time though, no one would get to leave, and the PT would just keep going, with occasional "pays to be a winner" races that never actually had any payout. So you're giving every last thing you have to win so you can get out of there and survive the evolution, and you win and keep going, with completely empty tanks. That's what BUD/S is though. It's a curriculum to show you how much deeper your tans actually go.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

I'm kind of worried that since I've only been training a year after a totally sedentary life that even if I don't quit I'll just break. How many people had long term injuries as a result of going into BUD/S less prepared but still making it through?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Injuries are a matter of chance as much as anything else. You can be finely tuned, and do everything to prevent them (stretch/hydrate) and a simple dropped log can crush a bone and set you back 6 months. Don't worry about injuries. Worry about getting your numbers into the upper range on the PST, having a solid cardio and strength base, and the right mental attitude. Even without those first two, a mental attitude can get you through.

I'd say nearly every guy who makes it through BUD/S looks back and thinks, "that wasn't as hard as I thought it'd be. I should have done that sooner and worried less."

The people saying it's "impossible" are the ones that pulled red and bailed.

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[\[-\]](#) [ptownboogie](#) 1 point 1 year ago

Thank you!

Also, I forgot, I actually have one more question for you. Can you comment on the recent failed rescue attempt by SEAL Team 6 to save Luke Sommers?

Link for rescue mission: <http://abcnews.go.com/International/navy-seals-rescuing-al-qaeda-hostage-luke-sommers/story?id=27413796>

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

All I'll say about that is it's a perfect illustration of what I said just prior to that event when asked about our government's seeming lack of interest in hostage rescue operations. In the US the headlines read, "Failed operation." The reality is the op was successful. Several hostages were rescued, and several AQ hostage takers were executed. The fact that the sole US citizen wasn't at the site was a matter of bad luck, and that he was subsequently executed was also unfortunate. You can see how signing off on Operations like this seems like a lose lose proposition for politicians.

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[–] [Nidkid](#) 1 point 1 year ago

Do you think that the reason there are so many instances of overblown police responses is because they're being trained to kill and not secure? I remember seeing a thing by Col Grossman about how when the army switched from circular targets to silhouettes the fire rate in combat sky rocketed. I feel like if cops were to train to use batons and grappling in larger teams to neutralize situations with smaller special teams and riot squads for emergencies rather than being so fucking twitchy that they shoot kids without substantial proof of danger underprivileged neighborhoods wouldn't resent them so much and they'd be way more successful at actually securing the peace instead of inserting more violence into a situation. On a side note how long can you go without shooting before your skills start to atrophy? I've never actually shot a gun before, do smaller dudes have trouble controlling their weapons just because of recoil and strength issues or is that negligible?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago

I think the police issue in America is more difficult than just training standards and procedures. There's a cultural problem with the police in America. You got a lot of flunky kids who put on uniforms and feel special and self-righteous for protecting people and who watch too many war movies and think they're soldiers. A lot of that I think can be blamed on the Fucking WAR on drugs. Cops don't fight wars, but for the last 30 years police departments across the US have been told to wage war. Now we're surprised they have tanks. What'd we expect?

We also put cops above the law. Police need to be held to a higher standard than anyone else. Members of the military are. The military judicial system can and does punish you for crimes that don't rise to the level of civilian prosecution. I know two SEALs who lost their jobs for punching a terrorist in the face after he was zip tied, in a war zone. Cops are murdering people on the streets of America and getting off scott free. It's a fucking joke.

Spending time abroad, and seeing how much less other countries put into their police was an eye opener. Countries with the same levels of violence or worse than the US have police departments a 10th the size, who don't carry guns. I was in Perth a few year back and a drunk Aboriginal was in a city park where I was having coffee yelling at and attacking people. Two police show up and I think, "here we go." but instead of a forceful takedown like you'd see in the US, these cops calmly talked to the guy, who was out of his mind, and eventually got him to come willingly to the police car. They showed a huge level of restraint and patience.

You come off your peak pretty quickly. I'd say I go from 100 to 80% in about 5 days. I hover around %80 for a couple of months and then start going down slowly from there. The good thing is it comes back quickly. Defoor has a great pistol shooting standard that's meant to be taken cold after 7-10 days of rest. That's an excellent gauge of real world proficiency.

Smaller guys don't really have more trouble until you start talking about larger weapons systems like mk48's. It is

impressive when a big 215+ dude locks down an M4 and dumps a mag into the 10 ring in under 8 seconds.

edit: I was having coffee. The aboriginal was yelling at and attacking people.

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[–] [Nidkid](#) 1 point 1 year ago

Freudian slip? ..I mean, I knew seals could get rowdy

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[–] [\[deleted\]](#) 1 point 1 year ago

1-Can you give an example of a DOD policy that really got under your skin? 2-Were there any moments during during BUDs that you were able to take it in to stay motivated. Kinda like "I've made it this far, FUCK yeah. I can def finish this" 3-I'm not super liberal at all but I def lean left on certain things, how bad will I stick out? 4-What could be an alternative to fulfill someone's sense of adventure/danger?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 1 year ago*

1. I know this is cliché, but grooming standards comes to mind. There aren't a lot of "Navy Reg. 481.24 states" kinds of policies that I can think of off the top of my head that I out and out disagree with. A better way to help you understand is the ever present grooming standards issue. What grooming standards are really all about is creating a climate of culpability. If you want people to march in line, you make them afraid to step out of line. You create arbitrary and unfair punitive systems so that no one feels comfortable or secure and you harangue them constantly. The Stasi did it in East Germany. The Soviets did it. Red China, North Korea, and Singapore are doing it today. Militaries do it, and governments that want their countries run like militaries. The purpose behind it is to take away free thought and turn a man into a component of a larger machine, which is just great if you're one of the guys in charge of the larger machine, but pretty shitty if you're a component. It absolutely doesn't work in Spec Ops because the very nature of our work is to be autonomous and deal with unplanned contingencies. Try to understand the cognitive and cultural disjoint between the same people who run 10-30 thousand man divisions and work in the worlds largest bureaucratic office building (Pentagon), people who's idea of combat is being a Six Sigma Black belt, and who judge the readiness of their men for war by the state of their [uniforms](#), people who (just like in the corporate world) have inverted reality so that what matters isn't what they do, but how they appear. Everyone knows the manager that just does corporate speak but never says anything, MBA programs around the world train people not to lead, but to oppress, befuddle, and marginalize others so that you have power over them. The same thing happens in the DOD but to a much worse degree because the people in charge in the DOD have a captive workforce. Indentured servants who can't say, "to hell with this." until their contracts are up.

No one that I worked for could do my job. When you see a Task Unit Commander quit 5 minutes into a simple evolution and you think, "Wait, I thought SEALs never quit?" and then this same turd bucket is yelling at guys because their sideburns are too long, you see how fucked up the DOD really is. Guys who can't do the real work invert reality and raise the importance of the superficial because they can do that.

2. I never really felt like, "Yeah, I've got this." thinking about graduating. Going into it, I thought I wasn't going to quit (was pretty sure), up until Tue night of my first Hell Week, then I knew they'd have to kill me before I stopped. I got rolled and then felt like, "I got 1st Phase.", because 1st Phase is 95% not quitting. The skills test are pretty easy. From 1st on though, I was confident about physical test (runs/swims/O-course,etc.) but usually worried about skills test.

3. Our class leader voted for Nader. He got shit for being a NE blue blood, but no one cares that much about your politics, just whether you're a good dude and can do the job. Atheist and fundamentalist Christians are best friends and shooting buddies, dogs lie with cats, up is down. BUD/S is crazy, and so are the SEAL Teams, and what counts is what you do, not how you vote or pray.

4. I get a bigger thrill out of mountain climbing than most anything I did in the Teams, short of CQC and land warfare. Unfortunately there's not much out there that is all encompassing or at the same level. I'd love to get some investors and create a boy scouts for adults.

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What kind of music do you listen to?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago

Pretty open to whatever. Zep is my jam though. Just throwing some stuff out there that I see on my ipod right now:

Kasabian

Volbeat

Steel Panther

Black Keys

Manchester Orchestra

QoTSA

EoDM

Wycleff

Danzig

Shakira (Spanish albums... gots to practicar mis palabras)

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I did a lot high rep endurance stuff, and powerlifting. both got me shoulder tendonitis from overtraining. so I've mostly been doing a bodybuilding regimen which has actually has my body responding to it well. this with starting to swim and running 4-5x week but I know Im going to have to switch back to high rep calisthenics eventually. Have I wasted my time? maybe even gotten worse because I know big guys struggle with running on sand I've heard that H2H combat sports are good for mental prep because BUDs requires the same mental toughness it takes to be punched in the face/gut a shit load. so in that case BJJ, boxing, or some other MMA?

Hey man, honestly I think your the man for being honest and enlightening us on everything. It shows a lot honor guiding guys who were in your shoes. That being said, your last answer about no good alternatives did it for me. I know the job probably won't be what its cracked up to be but all my life I desired that adventure and danger. My legitimate plan in middle school was to become Indiana Jones, I remember being devastated as a young child when I learned being a superhero wasn't a real option. That and the whole camaraderie grabs my eye more than anything. I lived for team sports and love war stories because of the brotherhood aspect. I'm probably gonna go for it and see what happens. If I hate it and should have listened to ya then Ill find you and get you a beer..... or whiskey

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Here's the deal with being peak performance for BUD/S. Wrestlers do extremely well. If you understand why then you'll understand what you training goals should be and you don't need to just follow someone's program.

Wrestlers have to compete in weight classes. It does them no good being huge if that extra weight doesn't come with additional conditioning and strength because they're just going to have to fight the naturally bigger guy who has cut down to get the most strength and conditioning without any extra weight.

Disclaimer: You don't need to be at peak performance to get through BUD/S.

but if you want to be as ready for BUD/S as possible, then you build a foundation of strength ([the intermediate to advanced standards are a good aim](#)). Then you build a strong foundation of cardio. PST is a decent gauge of that. Then you shave off all the extra mass that you don't need just like a wrestler getting down to weight.

Body building is going to work against you after a certain point. BUD/S prep spends 2/3 of the workouts doing cardio activities, and one third in the gym, with gym workouts focused on things like station circuits. 30 sec a max work on a machine or station and then 30 seconds to switch to the next thing, for 30 minutes or so. Balancing strength work and cardio.

Another way to think of it, you'll never need to pull 500lbs off the ground at BUD/S or press 4 plates, but you will have to do thousands of squats and lunges, and thousands of pushups. Be strong. Be light.

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Any thoughts on what a good body fat percentage would be for BUD/S? Ive seen photos of people who look like theyre as lean as a fighter, like mabye 8% and other of guys that literally have big ass guts.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I rolled through with around a 6. I got cold. I'd say 8-10 is probably better, but again, who fucking cares. Give me 10 lbs of fat in a bag to carry and I'd still get through BUD/S. Make the water 5 degrees colder and I'd still get through. That's what you need to know going in.

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Thanks for that, I wrongly think of BUD/S as an athletic competition a lot of the time, I lose sight of the fact that its more of a gut check than anything athletic. I live in SD, coldest I can remember the water

getting is like 52-53, do you remember what was the coldest it got for first. Out of curiosity, do you know if people ever get hypo during summer classes, the water gets between 70 and 74 pretty regularly at its hottest, I figure guys can still get hypo in that temp but I guess it'd take super long, do the inst let it just go for hours till guys get super cold.

random question- whats that Monday immediately post hellweek like, were you more or less physically broken down than you thought you'd be, were they having you guys do land portage and log pts just like the first few weeks, is it just back to business as usual starting monday. Also any tips for that weekend after HW to get your body back on line, is it just sleep, eat, hydrate, stretch, and repeat

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

I know it was 54 for a lot of the evolutions. There might have been some times when it was colder. I want to say steel pier was even colder. I think the warmest the water got for us was 65 or so.

I know hyping is less of a problem in summer classes, but it still happens. They won't keep you in for hours of surf torture (~45min max), but they might do more water activity so you're cold and wet longer. We used to hear that they froze you in winter and ran you to death in summer, but the reality is that they're probably pretty similar. We also heard that summer classes had less attrition and that was why they canceled winter classes for a few years.

The week after HW is called Walk Week. It's the only time during BUD/S you'll be allowed to walk. You'll have kind of normal days. Muster as a class and walk to chow, then walk to the pool. You'll do sort of rehab exercises in the pool, just walking around in the shallow end. No logs. No PT. You start classes on hydrographic charts and whatnot. Everything feels like shit. Nothing is fun. Everyone is massively depressed. You don't enjoy anything. Walking feels like running anyway so being able to walk isn't a treat. Post HW blues. You've just spilled your guts and you got nothing left, so everyone is just beat to shit and empty inside and the machine keeps rolling on, and that's the real lesson. You kill yourself and there's no ticker tape parade or french champagne, just more work, more being cold and miserable.

I tell you that so you'll know it's normal afterwards. Makes it easier to deal with. Your body will heal itself, and you'll get back to normal mentally, just take it easy and keep trucking along.

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[\[-\]](#) [guardian44](#) 1 point 1 year ago

I'm not sure if anyone has asked this already but what kind of watch did you wear on deployments and do you have a preference as far as pocket knives are concerned?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

1st time being asked.

G-shock is the standard. They used to issue them so that's what you wore, because if you wrecked it or it died, supply had more. Not the World's greatest watch but for that price point it hits all the marks.

If you're talking a true pocket knife, I like the spyderco endura H1. Just the right size and weight to carry anywhere

and everywhere on a daily basis and the H1 blade is completely worry free.

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[\[-\]](#) [mongomania197](#) 1 point 1 year ago

During the coldest parts of hell week, did you ever think to yourself that you might never see your balls again due to the fact of how cold you were? How long did it take for your balls to drop again after hell week?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Last thing I was worried about was my balls. All I thought about during the coldest parts of hell week was how goddamned cold it was. No happy place, no safety cave, just raw experiential awareness. My balls took care of themselves. Checked them on Fri when changing into warmies and they were as good as new.

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[\[-\]](#) [Nidkid](#) 1 point 1 year ago

On any bases or deployments did you have to deal with things like roaches, rats, etc?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

You don't stay at the Ritz most the time.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 1 year ago

Weird question. How crazy do Team parties get?

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[\[-\]](#) [nighthaulk](#) 2 points 1 year ago

Probably like [this](#)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Depends. If it's an official Team party then not at all. You'll probably have cake and balloons and it'll look like any other office party sponsored by the HR department. If it's just the boys then things are usually a lot crazier. You got to understand though, the worst thing a Navy SEAL can do for their career is get in an ARI (alcohol related incident) which is literally any incident that occurs in the presence of alcohol. The DotN is huge on that right now. As a result, things tend to be a lot more boring because everyone has that looming over them all the time.

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[\[-\]](#) [nighthaulk](#) 1 point 1 year ago

How big is the musician population in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

Surprisingly big. You have a lot of guys who are quirky or who come from the fringes so yeah, plenty of dudes play

instruments.

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[\[-\]](#) [nighthaulk](#) 4 points 12 months ago

I knew that French Horn would make me a badass.

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[\[-\]](#) [Nidkid](#) 1 point 12 months ago

Hell. yeah.

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[\[-\]](#) [DanO4](#) 1 point 1 year ago

Hey man, thank you so much for providing this thorough and incredibly beneficial AMA it is very much appreciated! I'm been absorbing everything you've said as I've read it the last few days and I've got a question for you if you don't mind

I'm 27 now, turning 28 next October. I've wanted to be a SEAL for long time now but got caught up in finishing school and then getting an office job to help pay off student debt. I know its technically still possible for me to get to BUD/S but I'd really have to hurry-probably have to DEP in and I wouldn't ship out (if I got a contact) until I'm 28. My question is: is 28 'too old' to get through BUD/S. I know you've said there were 30+ year olds that got through but I have to assume they're the anomalies, and the majority of older guys like myself would struggle physically to make it through with their bodies taking a punishment they can't recovery like the early 20 year olds. I remember back 7-8 years ago when I seemed to recover from everything pretty quickly, no soreness or achiness whatsoever. Sadly those days are long gone. Would you say guys my age have a significantly harder time making it through without injury? Also would 28 be too old to make a career in the Teams? I'd have to assume the Navy would force me out the door after my 6 year enlistment when I'd already be an old geezer at 34. So I'd only get one enlistment in. Am I correct in that assumption

Thank you again for taking the time to help out a lot of people with this AMA

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[\[-\]](#) [EVer34](#) 1 point 1 year ago

28 is just the cut off year. I read I think in the Warrior Elite (good book BTW) one guy went through BUDS early twenties, quit, haunted him forever and so he got a waiver in like his mid thirties, and crushed it, moving on to become a team guy. Mind over matter, brother.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Everybody takes a beating at BUD/S. I can tell you that even now, as a 30 y/o myself, I could go back through BUD/S no problem. Most guys going to DN do it in their early 30's, and Green Team is much more demanding than BUD/S is. The human body is incredibly resilient. Also, endurance is something that actually increases with age. Look at most the world class ironmans and you'll notice a lot of "old" dudes.

You'd be fine as an Operator. You'd get 3 enlistments minimum (12 years) and then your rank would come into play. If you were a chief you'd be fine to stay in. It's the up or out philosophy. Go up in rank before a certain point or get

out.

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[–] [thecod](#) 1 point 1 year ago

Is this the type of fitness level SEALs should strive for?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 12 months ago

Yeah look, a lot of that shit is just goofball. Backflip burpies and aztec pushups are just going to get you hurt. You should be able to do all those movements, none of them is that hard, but you'd never see guys in the gym working out like that, and from the looks of that dudes build, he's slinging iron and probably juicing as well.

This is what we strive for: <http://newhopeforaging.info/wp-content/uploads/2012/07/David-Goggins-script.jpg>

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[–] [thecod](#) 1 point 12 months ago

Damn, is that really what he does everyday? how can someone survive on 3 hours of sleep everyday. he is like the epitome of mental toughness

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 12 months ago

I think he naps. He's always disappearing during the day, pretty sure it's for naps.

He just trains hard. He's set his life around his fitness. You could do what he does. I've worked out with him. He's just a man.

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[–] [thecod](#) 1 point 12 months ago

oh okay makes sense, still pretty crazy though. thanks for the response.

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[–] [Nidkid](#) 1 point 12 months ago

Yo if you're into that bodyweight stuff though a less campy alternative that I've been doing is gymnastics strength training, look into it.

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[–] [FlashAndPoof](#) 1 point 1 year ago

This may be random... but I'm wondering what boots you guys wear and can recommend.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 12 months ago

Bates 922's in BUD/S. Don't recommend them. Total shit. Stay away from Bates.

Depending on operational environment I'd recommend a lightweight hiking boot. [Merrel's](#) were popular in dry desert environments. Asolo's are popular too, as well as the Quest 4d's.

A lot of time you can get away with a pair of PF Flyers or Chuck T's.

If you give me an idea of where you'll be wearing them and what you'll be using them for I can give you a better recommendation.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 12 months ago*

- Desert
- Winter
- Mountain
- Urban
- Out with the broskis
- VBSS
- Jungle/Swamp
- Woodland/Forest

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[\[-\]](#) [nowyourdoingit](#) SEAL [S] 1 point 12 months ago

- Desert = [moab](#) cheap, lightweight, breathable, quick drying.
- Winter = [pronghorn](#) goretex, breathable, warm, cammo is nice.
- Mountain = [phantom guides](#) Huge fan of these. Got to the point I was running in them. Integrated gator is huge. Waterproof. Warm. Great traction. Easy lace system for use with gloves. Have to have a toe and heel welt.
- Urban = [guide tennie](#) light is right. great traction, comfortable, minimal extra weight.
- Broskis = [sharkskin boots](#) understated cool.
- VBSS = PF Flyers or Chuck T's cheap, easily trashed, good for flat decks, drain water quickly.
- Jungle/Swamp = Chuck T's cheap, easily trashed, drain quickly
- Woodland/Forest = [asolo](#) I like a bit of ankle support but want to go as light as possible here. Would say La Sportiva Gandas but I like a tongue that's attached.

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[\[-\]](#) [FlashAndPoof](#) 1 point 12 months ago

I live in Oklahoma and have been using random Nike sneakers, but I keep thinking there are better alternatives to

them for hiking. I'm planning on doing a lot of traveling/hiking this summer (Maybe in Yellowstone), but I'll also be spending some time overseas in Uganda for a medical brigade. I guess it would mostly be a dry desert environment for me.

Never heard of Asolo or Merrel's before so I appreciate all this information so far!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Might I suggest a nice trail runner [like the kinvara tr2](#). Once you get the legs in shape you don't need as much ankle support and you can easily use these for a good run or for packing 40-50lbs on moderate terrain. I actually used the regular kinvaras for a whole season in Patagonia, regularly running a 50lb pack up into the mountains and across glaciers and glacial moraines. I'd change into boots once I hit the snow line.

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[\[-\]](#) [FlashAndPoof](#) 1 point 12 months ago

Awesome! Thanks! I'll be getting those for myself for Christmas then!

When would you recommend boots instead of those trail runners? Off trail and unpredictable terrain?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Yeah, if you think you'll be on a unsteady ground a lot where rolling your ankle might be a real possibility (and this is relative to the individual and the amount of weight you're carrying and day/vs night etc. i.e. something you need to figure out for yourself to determine your comfort level) then opt for boots with ankle support. Also, anytime you're going above the tree line and there's potential for rain or snow, boots are a good idea. Let's put it this way, the level of competency and experience needed to go into an alpine environment in running shoes precludes anyone asking this question from being qualified.

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[\[-\]](#) [crazy8ball17](#) 1 point 12 months ago

How important is grip strength in BUD/S and what evolutions would it be the most beneficial for?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Pretty important. It's going to come into play on the O-course, during elephant walks, PT's, while paddling, etc.

If you're concerned about it, a rice bucket is a good tool. Pullups on ledges as well.

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What about pullups with a towel or gi top?

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Both good as well. Google forearm or hand strength exercises and there are tons of them.

I was rock climbing before I went in, and I bought a 50' length of 2" manilla rope online, which was about \$90 back then, and tied it up in a big oak tree in my front yard so I could do rope climbs on my own time. I had an easier time than most at those sorts of evolutions at BUD/S.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 12 months ago

What are your thoughts on wingsuits as in infil technique?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Haha. Pure Hollywood.

Zero practicality. The benefit of dropping guys in is the low signature. Almost all the signature is from the air platform. If you do a HAHO, you can keep the air platform as far from the target as possible because your glide path under canopy is quite far. The glide path of a wing suit is much reduced, and so you'd have to get closer to the target with the air platform, increasing risk of compromise without any benefit.

Even HALO is minimally practical. If you can get an air asset right over the target area then helo's are more likely a better option.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 12 months ago

That's what I figured. I couldn't think of a good scenario where it would be used. Just wanted to see if I was missing something.

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Decepticons.

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[\[-\]](#) [EVera34](#) 1 point 12 months ago

How gay did it get? During BUDS and in the teams? Gayest moment?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

Sooo gay. Bootcamp probably takes the cake as the most gay, but you expect that. Big Navy and anything to do with it is going to be gay as aids.

BUD/S and SQT are actually pretty solid. SERE is pretty gay. Lots of eye-rolling and "wtf are we doing?" moments there. The Teams are so gay though. It's hard to pick one exact "gayest moment". There was the day we had to cut training at the kill house short, race back to base, change into uniform, and then watch a "Don't Rape People" safety video so the command would be in compliance with big navy. That was pretty gay. How about I just jot down a few notables:

1. Helo's full of guys getting blown out of the sky on missions that won't accomplish anything. Super gay.
2. Spending years of your life training and preparing for war and then being told you're needed for another mission. Doing your best to be the best at that new mission while constantly being reminded by the guys making you do that mission that you're a fucking nobody because you haven't been to war. Pretty Gay.
3. Watching SEALs eat their own for personal gain. Super Gay.
4. Shoes in the gym. Ultra gay.
5. Having a mandatory dress uniform memorial for a guy who committed suicide. Fucking GAAAAAY.
6. Being written up and counseled because you said 'fuck' (as in, "these are stupid fuck-fuck games.") in conversation with a female instructor. Pretty gay.
7. Having female instructors. Or female support staff. Mega gay.
8. Having the majority of your first phase instructors appear in a movie advertised as showing "Real SEAL tactics" while being lectured about "not seeking recognition for your actions." and seeing just how much bullshit that whole canoe club really is. Very very gay.
9. Having a Platoon Chief who is only a platoon chief because if he doesn't do a platoon chief role now he's going to be forced into retirement and who's a recovering drunk, with a trainwrecked homelife, but who sucks the CMC's dick and so the CMC is doing him favors to keep him around, but the guy can't walk a simple 5k insert without passing out, muzzle sweeps his entire platoon during a course of fire, and generally sucks dick at everything and I hope he's fucking dead right now.....but anyway, you manage to finally get him fired after nearly a year of putting up with his bullshit and constant endangering of the platoon, only to have him replaced by someone who is somehow worse at leadership, and drinks like a 13 y/o girl at a bat mitzvah, while the command belittles and attacks the one good Chief around because he hasn't drunk the cool-aid and actually calls bullshit on occasion. Or when the TU commander quits 1 min into an evolution and no one in command even blinks. Or you find out your command was lying to you just to keep you busy and preoccupied for the past year. Or when it turns out that what you were involved in wasn't for national security at all, and probably falls right in with PRISM and the rest of the "extra-Constitutional" activities being undertaken by our government in the past decade. Ultra super duper GAAAAAAAY.

Just to be clear, we're talking about **GAYYYYY!!** and not actual homo-eroticism right?

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[\[-\]](#) **EVera34** 1 point 12 months ago

I was talking about homo. I heard the military is gay as fuck. Heard this applies mostly to marines. But this answer is still solid.

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[\[-\]](#) **nowyourdoingit** **SEAL** [\[S\]](#) 2 points 12 months ago

I knew a couple of TG's that were probably gay, maybe at least bi, but 95% were straight.

We do a lot of stuff in training that looks homo, snuggling for warmth and all that, but it's not homo when you do it, it just feels like survival.

I think most people are using "gay" in that 90's way. There are probably a lot more actual homosexual men and women in the other forces. I would guess the Airforce has the highest percentage, followed by the Navy, and then Army. I wouldn't think that there were that many homosexual Marines, but there are probably a low that are the kind of guys who would "experiment" or say, "no homo." or "it only counts if you're making eye contact." The Marines have a lot more Fratty vibe.

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[\[-\]](#) [Nidkid](#) 1 point 12 months ago

Is "the only easy day was yesterday" just a slogan? Will being a SEAL benefit me in any way that I can't get out of doing ultra endurance events and just generally being a stubborn goal oriented fucker? If I kind of hate everyone and am mistrustful of most does that mean I'd be a bad team player and thus out of my element as a SEAL? Should I just move to NYC and get rich instead? Seriously, I have two interviews for commission based sales gigs tomorrow. How much did big Navy's rules castrate your sense of independence? Will money buy me freedom? Do you vote? Is democracy even a good idea? Beginning to think anonymous & rich with a lot of hobbies is the way to go, I'm good at enough things to be famous at some of them but that's probably pretty annoying after the novelty wears off. Are you wary of women? Are you ever gonna cool down enough to start a family? Does that whole growing up and settling down thing seem weird to you? Finally, what's the deal with airplane food?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Yes, it's just a slogan. Many SEALs don't come close to living up to it.

No, not unless you need to lift yourself out of the gutter, otherwise you can be a self created man of a much higher quality than what the training will give you.

Not necessarily. I hate most and mistrust almost all but am a pretty solid team player because I make an effort and because it's easy to work with most TG's.

Yes. Do that. Get rich, money equals greater potential, equals greater potential freedom.

Completely. The worst thing was that the Teams are at the point now where they castrate you more than Big Navy. The leadership in the Teams know that the only thing that can sabatog their skyrocketing careers are the guys that work for them. They can do nothing and they'll progress just because they're SEALs, so they're risk averse.

I can't vote anymore. There's no point to it. The game in Washington is so rigged.

Democracy is a terrible idea. America was never supposed to be a Democracy. We were a Republic. The difference is that a Republic is run by a group of individuals who have a mandate to rule, and in the case of the US, the Constitution was supposed to delineate the very narrow realm in which that group had any power or say. We just picked those people through democratic elections. We've managed to misconstrue that into a democracy where mob rule is the ultimate determiner of the rule of law. It's an easy step then for an oligarchy to take control of public opinion and make their own rules, which is what happened.

I'm wary of everyone. I've noticed women tend to have their own peculiarities. My advice on women is be easy and free around them but don't let them get too close till you've vetted them. Same advice for guys.

I don't know why we have this entrenched idea that we have to cool down to have a family. Kids are tough, they fit in the overhead bin.

I like the idea of having a base. I've always liked a base, but the idea of rooting down and sitting still seems lazy and stupid to me.

Airplane food is shit, pack your own and make sure to let your hostess know that you're going to go anabolic if you don't eat constantly. A smile will usually get you an extra meal or two.

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[\[-\]](#) [Thatguyjumpertik](#) 1 point 12 months ago

How can you prepare for water based stuff like drown-proofing or scuba attacks, or waterboarding?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

You can't prepare for water boarding. Well maybe you can, I just can't think of a way.

For the rest of it, having a good breath hold is a big help, and that's easy to train for. Google "apnea training" and follow the safety guidelines.

Other than that, it's about building familiarity and comfort. I don't recommend that you do a lot of underwater training before BUD/S because 1. It's highly dangerous and easy to kill yourself. 2. BUD/S is going to train you. Just like learning weapons manipulation, it's better to learn it the right way first from the BUD/S Instructors than to try and prepare and come in with a bunch of expectations and baggage.

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[\[-\]](#) [Thatguyjumpertik](#) 1 point 12 months ago

Okay if I can't prepare for that is there like a workout method or a pre sere practice or what?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

Like I said, google "apnea training" and you'll find a lot of good sources on training your breath hold. Stick to land based training for safety reasons.

Don't worry about SERE, it's a joke. Get in shape, work on your breath hold if you want and then just go do BUD/S. Trying to do the water training in your community pool is a great way to end up drowned.

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how many swim buddies did you go through?

where do you get your news?

how the fuck did some of these mentally weak officers you speak of make it through? aren't they held to higher standards?

What is the good dude/shit head ratio?

which is worse, the logs or the boats?

Favorite movie?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Kind of hard to say, I probably paired up with between 4-6 guys throughout the course of BUD/S for some swim or dive or evolution. Both of my swim buddies from first phase made it through, the one with my first class and then my second one who I paired with when I got rolled.

Reddit. Reddit seems to be on to the breaking stuff, and then you go to a variety of sources to flush out your knowledge of what's going on. Stay away from cable news. Pure shit.

Not really, no. Same standards, maybe more focus, but same standards for the most part. BUD/S is a screening selection for quitters, but not for quality dudes.

I'd say it starts out 80/20 or higher, maybe 90/10 even, but good guys get out at a much higher rate. Good guys basically either get out or go to DN, so you get a concentration of shitheads in the Teams hanging around and becoming senior and master chiefs. Maybe 60% of chiefs are pretty solid, and 40% of senior chiefs.... maybe even less for senior chiefs because that's sort of the cul-de-sac of shittiness where the shitty guys all top out, never making MC. Probably even split at the MC level, every other guy is a worthless shithead.

That's a hard one. Logs probably. The boats are fucking intense at first but you get used to them and then it's not that bad. Logs are just fucking intense period.

1. The Quiet Man.
2. Legends of the Fall.
3. Abraxas.

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that's sort of the cul-de-sac of shittiness where the shitty guys all top out sounded like a jim lahey quote

Reddit. Reddit seems to be on to the breaking stuff, and then you go to a variety of sources to flush out your knowledge of what's going on. Stay away from cable news. Pure shit.

Which sub/subs do you like for news?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

Senior Chief's are a lot like Jim Lahey, just a bunch of shit hawks flying around shitting down on people.

[/r/worldnews](#) [/r/Libertarian](#) [/r/conspiracy](#)

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 12 months ago

Great analogy.

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I'm 16 and plan to start training for NORNAVSOC (norwegian naval special operations commando, or MJK), very similar to Navy SEALs. The norwegian military has a workout schedule over the course of about 30-40 weeks (don't have it right in front of me, but I did read through it all once, and it seems well thought out and balanced) consisting of swimming, marching, and extensive strength training. I know I have the mental toughness required, but right now I'm right at the strength requirements for the PST, my pullups only lacking by 1. I plan on measuring my run times and swim times soon. what can I do in order to improve my swimming technique as fast as possible, should I join a swimming team and hope that the instructors there still bother to train me? would it be a good idea to take scuba diving classes? what should my diet be like, can I still eat junk food occasionally, or do I cut all that shit out? I still enjoy eating unhealthy food but I'm prepared to do whatever I have to to ensure I'm physically prepared.

thanks for still answering questions btw, I really appreciate reading through this ama every so often :)

I'm also planning on applying for the parachute ranger commando, which the military and other sources say is the closest you can get to MJK, I think this will sharpen me physically and mentally before applying.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

Skip the scuba lessons. Military and civilian diving are vastly different and the military is going to train you so why pay a civilian instructor.

I don't know what the MJK swim standards are but getting onto a swim team would be a great call for technique and all around fitness. Whatever the swim requirement is, the fastest way to improve is to work on technique. Swimming well is a matter of doing many small things well, so focus on perfecting the small things before you worry about putting in thousands of yards of training time. Watch youtube videos and read books on drills designed to improve stroke and spend time in the pool working on those drills.

My philosophy on food is that you need to be able to feed the machine with whatever is available. Eating only brown rice and vegan organic paleo vegetables is great if you're trying to diet or maximize your training for a race or prep for a photo shoot, but real world you'll be eating all kinds of shit, so get used to it. Try to have a balanced diet with enough of the basics: fruits, veggies, meats, breads, and for the most part you should be worried about eating enough for all the training you're going to be doing. Eat a snack before your workout and a meal after.

Good luck, btw. The Norwegians have a stellar reputation.

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Thank you, and thanks for replying so fast! Have you ever worked with MJK? They don't seem to be mentioned much whenever special ops are discussed the same way SEALs, SAS, KSK, Grom etc. are (probably because there are relatively few).

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 12 months ago

I haven't personally, but a few of my friends have. I've heard the guys tend to be older and real pros.

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Got any tips on how to train myself to handle stressful situations? mental training is not nearly as oftenly talked about as physical in fitness forums here on reddit or anywhere really :p

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Exposure therapy is it. All the meditation, mental rehearsal bullshit you hear about is crap. SEALs even put that shit out because it sounds good and it helps them sell a program.

End of the day, the way you get better at handling stress is by repeatedly exposing yourself to stress.

You know the bit in "Fight Club" where he talks about how after a night of fighting, regular life just gets turned down, that's how SEAL training works. We turn the intensity dial all the way up so that even warfare doesn't seem that intense.

The first step is the physically prepared for stress, which means healthy and in shape. After that, start pushing your comfort zone. Take dance lessons. Approach strangers and strike up conversation. Give yourself crazy deadlines on projects. Be hard on yourself. You want your heart to beat faster, you want sweaty palms. The same way you know you're getting a good workout when you feel the burn, you'll know you're getting better at handling stress when you feel uncomfortable.

Stay tuned to [r/NavySeals](#). Stress management is what we do best in the world, and it's what I'd like to pass on to others so that will be a big focus on that sub.

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This is great advice, thank you so much! thanks for telling me about that sub, I didn't know about it

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[\[-\]](#) [Nidkid](#) 1 point 12 months ago

Was BUD/S ever boring?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Of course, you're in the military.

2nd Phase has a lot of classroom time. Dive physics and lectures on navigation where you're surviving on cope and coffee.

By 3rd Phase, you're bored by the beatings. You just go through the motions but your mind is wandering to other

things and you're just ready to get on with it.

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[–] [Nidkid](#) 1 point 12 months ago

You think maybe guys quit not because it just got too hard but because they have something (easier, habitual, whatever) to go home to? I feel like maybe people who go in with the mind set of "well everyone else is gay so fuck it" are probably the only ones who can make it?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 2 points 12 months ago

Guys quit because it's too hard. You can take away every other option a guy has and he'll still quit. Does having other things going on at home make it easier to rationalize quitting? Probably, but that's not the underlying reason.

The mindset to make it is really simple: "I want this and I'd rather die than fail at it."

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[–] [\[deleted\]](#) 1 point 12 months ago

You just graduated from SQT yesterday, what do you do differently in your Navy career?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 12 months ago

Don't go to the medic course. Go to the East Coast, work in the ordinance department and intel. Get on roids right away. Lift huge. Impress everyone with my pecs and by doing pullups with 3 plates. Make friends with all the chiefs. Punch somebody at a bar. Drink like a fish. Lie constantly about how awesome I am and how I run 20mi in body armor every saturday. Always pretend to be busy. Make sure everyone sees how much I'm working and how stressed I am. Work every channel to get sniper and breacher. Deploy. Be the angel of death. Come back and start talking about going to DN.

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Describing someone there?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 12 months ago

No, just in general those are some of the things I've seen work.

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[–] [crazy8ball17](#) 1 point 12 months ago

What kind of rep did you have in your platoon? By reading your posts I've come to the conclusion you're an incredibly humorous dude but were you like that at work with the guys? Did certain guys have particular reputations in platoons ie. the jokester, serious dude, nerd, forever aloner, etc

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

I hate to say I was the "" guy, but I was probably the "on his own program" guy. Guys knew I was good at my job, and liked working with me (I think) , and they came to me for help, but I was always kind of off the reservation.

The deal with platoons is that after workup you're going to know a lot of the guys in the platoon like they're your brothers. You don't see guys in a one dimensional way. You know who's good for what and to what degrees, and that guys are way multifaceted. Same dude who plays LoL on the weekends might be the guy who helps you get your bench up, or who you call to go drinking with. A good TG is a jack of all trades. You almost don't want to be the "" guy.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

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[\[-\] Bleugrais](#) 1 point 12 months ago

Read an article recently, does this quote sum up the ideals of selection?

" There's really only one reason to apply for SOF, and one that the evaluators are specifically screening for. Selfless service. It looks like this,

"I've gained some skill sets in my short career. I want to offer them in units that have the highest impact for my nation. I don't know if they're what SOF is looking for, but I'm willing to push myself past exhaustion to make them available."

To get in the right mindset, you should become stoically dispassionate about your endeavor to join the SOF ranks. Accept that SOF units are looking for a very narrow bandwidth of talent and that although you meet all the qualifications, you might not be the right person for the job. That doesn't make you less of a leader or a failure. It just means that your skill sets aren't specifically tailored for success in SOF."

Here's the link to the article <http://taskandpurpose.com/9-misguided-reasons-go-special-operations-forces-selection/>

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 12 months ago

Bullshit.

Selfless service is bullshit. Go join the peace corp if selfless service is your thing.

The screening is to find guys who can put their egos aside and work as a team, yes, but not guys who's only motivation is some sort of vague concept of service to the country. Most SEALs I know aren't very patriotic. For most it's more about wanting to kill bad guys than protect America. Vengeance, not justice.

That sounds like the speech the Green Beret Selection Cadre would give to the guys who didn't get picked. SEAL selection isn't about getting picked, it's about surviving and not quitting. What we're looking for is the guy that will show up with the shovel at 3am to help you bury a body without ever questioning who it is or how you came into possession of it, and who you know will help you dig all night. Guys who will not stop until the job is done, no matter how shitty the job is. That's not selfless service, that's stubbornness and a code of personal honor.

I don't know who wrote the article but my guess is they were on Officer.

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-Im surprised that no one has asked this yet, but honestly, have you actually seen or heard of anyone cross over after doing time as a SWCC/EOD/SARC? In no way is that efficient because your just giving extra time to uncle sam but is it actually possible?

-I heard that MARSOC has a little "less" bureaucracy and other stuff (they don't give a shit about grooming standards, majority of Os are Mustangs)-could possibly be a better time than the vanilla teams because of the amount of marines that would EAS and say "fuck this Im going to the teams/SF" so their doing their best to retain their people/ did you see any former marines in the teams? were they disappointed or happy with the switch?

-you said you would have told yourself not to go medic, did it hold you back from DN or deploying?

-does everyone know as much about/ has the same opinion as you of CK? I'm surprised no one has said anything

-any tattoos?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I know one guy who did EOD school, got close to graduation and then said, "send me to BUD/S." Guys is kind of crazy like that. No one else I know of has done anything like that. It's def possible but most guys that set their sights lower don't tend to then raise then up later.

There are quite a few former marines in the SEALs. A lot of them like the switch, and I don't want to put words in their mouths, but it seemed like they thought the Teams were a good deal compared to the marines and wanted to be in the Military somewhere. I can't imagine MARSOC is that lax, as I've known some Force guys and it's pretty bad, like at least as bad as Vanilla Teams.

It kept me from deploying. I would have gone to 10 if I hadn't gone to the medic program and most likely would have been on the year long deployment some of the boys from 10 did.

There are some guys that liked him, but a lot of dudes I've met think he was an ass.

None. One of the 10% or less of TG's without ink.

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Any idea how similar SEAL training is to SWCC training? Only ask because the mentor for my district is a SWCC Senior Chief and he was saying that SWCC and SEAL have the same drop out rates in training. I'm going SEAL btw.

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 1 point 11 months ago

Not very similar. SWCC is like watered down SEAL training. Not as long or as hard. I can't imagine the drop out rates are the same.

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That's what I thought, I thought that maybe since SWCC gets worse candidates/ athletes drop out rates could be similar. But training would still be easier in that case.

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[[-](#)] [Nidkid](#) 1 point 11 months ago

<http://www.newyorker.com/humor/daily-shouts/ayn-rand-reviews-childrens-movies?intcid=mod-most-popular>

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 1 point 11 months ago

Yeah, so much Rand hate these days. Seems like a lot of sources attempt to mock her stylistically instead of dealing directly with her philosophy.

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[[-](#)] [Nidkid](#) 1 point 11 months ago

I just thought it was funny. That being said though, her philosophy is watered down Aristotle filtered through early modern existentialism. I just don't see what's independent or unique about her except that she had the publicity.

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Also, I don't wanna sound like I hate her cause I don't I just thought the content was silly. You could probably substitute Nietzsche, Emerson, or even Auerllius and get the same joke ha

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[[-](#)] [TrimHopp](#) 1 point 11 months ago

Is there a decent number of candidates with college degrees that did not make OCS, but decided to enlist anyway?

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[[-](#)] [nowyourdoingit](#) [SEAL](#) [[S](#)] 1 point 11 months ago

I don't think a lot of the enlisted guys with degrees even attempt OCS. There seem to be a lot of enlisted SEALs with

degrees who never wanted to be Officers. Being an O and being and E in the Teams are two very different things after about 3-4 years. Training is the same and being a 3rd O, or even an AOIC sometimes, is akin to being an E5, but after an O get's to the OIC level, which happens quickly, they're basically non-operational.

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[\[-\]](#) [EVera34](#) 1 point 11 months ago

Did you know anybody in the teams who was depressed or suicida? Not PTSD but just generally unhappy.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Hahaha. Yeah, my entire Team. Being a SEAL can be really depressing. I've gone into some of the reasons why before, but basically it has more to do with the everyday grind of being in a huge bureaucracy and less with any dramatic war related events.

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If you were going to join class 312 for BUD/s, next week, would you make it through?

What was it like waiting for Hell Week to start? (I read breaking BUD/s and he said you're in a classroom watching movies or something).

Did you ever think about opening a crossfit or mma gym?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Of course I'd make it through. I'd have a lot of fun doing it too.

You meet up in one of the 3 classrooms by the 2nd Phase grinder around 11am and people in the class will bring DVD's, I brought "Leon", and something else that we watched. You eat pizza and drink water, and prep your uniform. Guys will be greasing up with petroleum jelly and bodyglide. **Protip: Don't use petroleum jelly, and don't put anything on your body. Use bodyglide and rub it into the seams of your uniforms. Coat anything that might be a rub point, but only enough so that it's coated. You don't want any extra globbed on or sand will stick to it and make it worse. Around 4pm you go out to the tent which is set up by 602, and you try to take a nap. I couldn't sleep waiting for my first hell week, but I slept like a baby waiting for my second (almost missed breakout I was cutting logs so hard).

Yeah, If I was stateside I'd probably open a box gym. I wouldn't brand it crossfit. I'd do something like mountain athlete or gym jones. Small clientele of serious athletes. Mostly just as a side project to fund having my own gym so I could workout when and how I wanted.

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[\[-\]](#) [guardian44](#) 1 point 11 months ago

[No way I'm alone on this.](#)

Are you allowed to wear compression shorts (i.e. triathlon ones/any brand of your choosing) throughout BUD/s?

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You wear them for some phases of training and not for others. It's not a random or capricious rule. For instance, you don't wear them during 2nd Phase because rubber and O² don't mix well, and you'll be going into the O² charging room. The Instr. staff will let you know what the appropriate uniform of the day is. The only difference it makes is you'll likely get some groin chaffing when you start running in your hot shorts without tri-shorts underneath. My thighs never touched so it didn't affect me at all. Brand didn't matter, except they had to be all black.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Fitness wise you can only focus on one thing, what would you do the most of to prepare?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

For BUD/S? Run. If I could only do one type of exercise to prep for BUD/S, I'd run.

That's not the best approach though, it's just that running is most of what you do at BUD/S. The best approach is to have strong cardio and a good level of overall strength. Crossfit with a lot of extra running would be the "ideal" prep program (roughly speaking).

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

What do TG usually wear to work and then when they're outside of work? Do a lot of them have a particular style or is it a lot of workout/gym attire most of the time?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Depends on the Command. Now days it's pretty much NWU's everywhere. PT in black shorts and brown t. So depressing.

Outside of work, tank tops and jeans or board shorts are pretty much the deal, since we tend to be in beach towns. TG's gravitate towards certain brands because they tend to make the best, or because we get deals sometimes. You'll see a lot of Arc'teryx during the colder season.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 11 months ago

How does somebody get selected to do a deployment with a foreign unit like the British or Australian SAS? What are the deployments like? Do they get to conduct operations with them or is strictly training?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Same way everything else in the Teams happens. Luck, happenstance, and volunteering. Usually the roles are liaison or advisory in nature. I haven't heard of anyone going over to Operate officially. I have heard a story or two about guys doing foreign liaison stuff who did go out, but that was not the norm. You have to understand that you're a representative of your government. Our government is very reluctant to allow their representatives to work for other governments.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

What are some of the injuries sustained in combat that TGs came back from and still were able to operate after recovery? Loss of limbs, fingers, etc?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Totally. Battle field medicine is getting incredibly good these days, and it's almost shocking the amount of damage a person can sustain and come back from. The flip side is that the smallest little things can knock you out completely. I know guys who got small AGE's that aren't operational anymore because of it. They're 100% intact but can't be operational anymore.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

AGE? What about loss of an eye? Possible to operate with a single eye?

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[\[-\]](#) [joe_buck_yourself1](#) 2 points 11 months ago

Yeah. Read Fearless, it's about a DEVGRU operator named Adam Brown. He had one eye and got some of his fingers got severed off in a car accident in Iraq, but they were reattached. Great book.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Just ask Nick Fury

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Arterial Gas Embolism. It's a diving or blast injury.

I think you're grounded if you lose an eye. There are a few guys out there with only one eye doing Instructor or TraDet positions, but I don't think they're doing combat ops.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

Is a guy like Adam Brown, who was deploying and going out on ops in Afg, missing his dominant eye, a rare exception. And does it have to do with your level of proficiency whether or not your considered operational with an eye injury. Also, why do you think they accepted to take Brown to green team even though he had physical limitations, could it have had something to do with his individual reputation or

something else

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I couldn't tell you. Reputation might get you to Virginia Beach, but you have to be able to hang to get through GT.

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[\[-\]](#) [TrimHopp](#) 1 point 11 months ago

Wasn't/isn't there a SEAL that is still operational, and uses a mechanical leg?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I know a couple of guys with titanium legs still working.

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Were they below the knee or above the knee amputations?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Below. Not sure I know of anyone with atk amps working, but there could be.

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In what ways are people with below the knee amputations limited, are they just operators like anyone other team guy or are there certain things they cant do, like can they climb [these ladders](#).

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I'm sure the Tango is a lot harder. I've never operated with anyone with a btk amp, but I'm sure with the quality of prosthetics these days they wouldn't be very limited.

As far as I'm concerned, if you need to use your feet to [climb a caving ladder](#) you're a pussy anyway.

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I always hear from BUDs duds that its less about not quitting now and more about performing. You have to perform better than the majority of the class and that there is a constant threat of a performance drop. (whats fishy is I have yet to meet a guy who was performance dropped. most of the duds were DOR..... "I was just holding my crew back") I'm just curious if there was a guy that was rock solid in the head, puts out/does his best, but is definitely behind the curve. Does the class view him -the same as the more-than-capable boat ducker or -"at least the dude is putting out" Also if you know any current instructors, are they really just looking for potential performance drops whenever

possible?

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[\[-\]](#) [nowyourdoingit](#) SEAL [\[S\]](#) 5 points 11 months ago

Let's take a second to look at the motivations of a quitter.

We'll put ourselves in their shoes for a moment.

You're at BUD/S. You're doing the first boats on heads evolution of 1st phase. Everyone around you is frantic as they try to keep up with the insane pace forced by the Instructors. The Instructor keeps yelling your name and telling the boat crew that you're the piece of shit holding them back. That you're dragging down the boat and making everyone suffer. Meanwhile, you want nothing more than for a second to catch your breath, for a brief period of respite from the boat crushing your spine and from the burning in your legs and lungs as you struggle through sand that you sink into up to your ankles. So you slow down a little. And the Instructors go ape shit as you actually do slow down your crew. You're in the most pain you've ever known and everyone is screaming at you to quit being a pussy and you say to yourself, "I got nothing left." and you stop.

Now you've rung the bell, and you're on the way out, and you have to convince yourself that you didn't make a mistake. You tell yourself you couldn't have kept up; that you just weren't physically capable of meeting the performance standards set by the Instructors. Who can blame you, right? The standards are insane. You have to be basically an olympic athlete to handle them. You tell yourself that the problem was your body letting you and your team down. If only your shitty body wasn't so shitty you wouldn't have had to do the honorable thing and bow out to help your crew. When people ask you, you tell them BUD/S is crazy hard. Harder than it's ever been. You latch on to some tidbit you heard in the rumor mill about how SEALs are overstaffed and they're making BUD/S hard again so to get numbers down (bullshit). You don't want to admit that the reality is you made a choice to take the easy way out. It's not ok to judge someone by their physical limitations, but it is ok to judge someone by their actions. So you blame your limitations to justify your actions.

The reality is you quit. Right wrong or indifferent, that's what happened. BUD/S is always 90% about quitting and 10% about performance. The Standards are minimums that 90% of guys can meet. The "standards" that you'll be "expected" to perform by the Instructors aren't real. They're subjective and based on pushing you past your comfort zone. If you can run a 4 min mile for 10 miles in the sand with a 30lb ruck. The Instructors are going to give you a 60lb ruck and drive next to you with a truck at 16mph. There are no upper limits to the standards at BUD/S. What they want to see is how you act when you can't win. Do you quit like these guys do and blame other factors (performance standards or their bodies or whatever) or do you keep going? This is why "training for BUD/S" is pointless. The point isn't to show up and sit the exam and ace it. The point is to show up for a calculus exam, and be given a german exam, while you're being kicked in the balls, and see if you shit the bed or if you keep cool and keep pushing through. BUD/S is about the wheels coming off. BUD/S is about:

"How many pullups can you do?"

"18"

"Do 20."

"Well.....fuck."

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[\[-\] \[deleted\]](#) 1 point 11 months ago

This is awesome. 7 guys under the boats right? I know damn sure I'm not going to be the slowest guy out of 6 or 7 because I'm working my ass off before I ship, when you look at it like that you have no excuse. And even if you are the slowest guy on your boatcrew you can keep up, that is not a situation I would want to be in though.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Between 4 and 7. The secret about being under the boat is it's not about speed. It's about compartmentalizing pain. The only time fitness really plays into it is when you're sprinting up the berms or doing drag races, otherwise everyone is more than capable of running fast enough to keep pace with the Instructors, it's just a matter of straining your neck against the weigh of the boat and keeping your legs moving. If you want to help your crew, work your neck and traps and take the two spot.

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[\[-\] nighthaulk](#) 1 point 11 months ago

Favorite places to climb in the USA? Have you done any climbing at Garden of the Gods-Illinois?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I haven't even heard of the GotG in Illinois. I know SoIl has some good bouldering but I haven't been. The only GotG I know is in Colorado and I've done a bit of climbing there.

Smith Rock,OR is awesome, of course. HP40 in Steele, Alabama was my favorite bouldering spot growing up. I haven't done Red River Gorge or anything up the east coast. There are some fun little spots near San Diego, and you can get to Jtree or even the Valley on a weekend trip from there.

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[\[-\] EVera34](#) 1 point 11 months ago

Have you ever considered doing some punisher/vigilante type shit? Could you even, given all you've learned with your time in the teams?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

If I knew there was a meth house down the street, I could take it down, but why would I? The cops get payed to handle that. If I go vigilante, I'm taking a risk for no reward. I'd love to do something like what Clooney is involved in, The Sentinel Project. If some wealthy financiers want to expose atrocities in Africa, or bring Kony to justice (as an example) I'd be game .

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[\[-\] Nidkid](#) 1 point 11 months ago

Any advice on working with a team without feeling like everyone else is just getting in the way? What part of the country are you from? Did you notice any trends of that in the teams? Not that it matters performance wise I'm just curious culturally.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I'm not the best at this. I would prefer to divy up task and be allowed to complete my portion on my own time and in my own way. In BUD/S and in the Teams though, I didn't have any trouble with that. Your goals are very clear and everyone is usually on the same page, and you usually do just that, divy up task. The standard procedure in a Platoon is to get a task, do a warning order (tell everyone what's up), assign roles on a whiteboard, and keep track of progress and changes on the whiteboard. It's very Scrum, but we've been doing it that way long before Scrum was a thing.

As for less formal work structures, having patience is key. Groups moving together move more slowly than individuals.

South East. I noticed a lot of Michigan boys, and a lot of the O's were from the North East. Seems like Michigan, Texas, Pennsylvania are all popular states to originate from.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

Honestly, how much mayhem and chaos do you think a single SEAL could cause on a community/city? You see a Pennsylvania survivalist evade hundreds of cops for weeks on end and cause apprehension across the entire region, I can only imagine what 1 trained SEAL could do if he went off the deep end

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1 would be pretty bad, but a small team would be devastating. Add in some funding and time to plan and you're looking at movie levels of chaos.

I would love, love, love to do red cell work against US infrastructure and security. I don't see much of a market though because unlike in the tech world (where white hat hacking is becoming more accepted) in the world of the government sector, no one wants to be embarrassed and have their deficiencies pointed out.

If you knew how unsecure the world really is (I've got stories, but I can't talk about them)....it would be terrifying if you didn't also realize how little it really matters. Most people aren't crazy and trying to blow us up, so why pour all our resources into preventing that.

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Without being too specific, does the DOD do red cell type stuff fairly regularly to test how secure its facilities are, especially the more sensitive facilities? What kinds of private companies might benefit from having their facilities/practices assessed for weaknesses, all I can think of off the top of my head is privately owned nuclear power plants, and where would these companies look to find people to do red cell type stuff?

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They do occasionally do it, but not nearly enough IMO. You can read about Marcinko and how he attributes some of the ill will and hardships he faced in the military to his red cell activities embarrassing higher ranking officers.

I can't go into details, but I've beaten multi-million dollar systems. Imagine you're the guy in charge who approves the 'X' million dollar contract with the civilian (it's always a civilian contractor) company to provide security system 'Y' and a team of 20 something y/o punk ass Navy SEALs shows up and gets right by it. How bad does that look for you, and the company who may or may not be friends of yours. Look at that shithead, Keith Alexander. He bemoans Snowden as a traitor, when the reality is he was at best, 50% concerned with protecting America and 50% concerned with his [next paycheck](#), and 0% with the Constitution or the long term implications of his blatant disregard for civil liberty, or whether or not his programs were even effective.

No one likes being told they're wrong. Red cell is about showing people, who think they're safe, that they're wrong.

Everything nuclear falls under some government body to ensure security. In the US the DOE has special teams of highly trained operators (I hear they shoot more than us) to protect sites and materials. There is no economic or political incentive to really make things safer. The TSA is a great example. It is 0% effective but it looks like a major action. Politicians have to appear to make a difference, companies have to appear to make a difference. Look at Sony. They're a notorious target, yet they apparently take security very lightly, apparently only enough to qualify for insurance.

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[\[-\]](#) [JogaMimFora](#) 1 point 11 months ago

I cannot imagine what you've seen with your own eyes, experience, and capabilities...

From all i really have read that stick out in how insecure some things can be...check out http://en.m.wikipedia.org/wiki/2007_United_States_Air_Force_nuclear_weapons_incident

A few choice quotes: *"The missiles with the nuclear warheads were not reported missing and remained mounted to the aircraft at both Minot and Barksdale for a period of 36 hours. During this period, the warheads were not protected by the various mandatory security precautions for nuclear weapons."*

"The USAF and Department of Defense at first decided to conceal the incident"

[/u/crazy8ball17](#)

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[\[-\]](#) [autowikibot](#) 1 point 11 months ago

2007 United States Air Force nuclear weapons incident:

The **2007 United States Air Force nuclear weapons incident** occurred at [Minot Air Force Base](#) and [Barksdale Air Force Base](#) on 29–30 August 2007. Six [AGM-129 ACM cruise missiles](#), each loaded with a [W80-1 variable yield nuclear warhead](#), were mistakenly loaded on a [United States Air Force \(USAF\) B-52H heavy bomber](#) at Minot and transported to Barksdale. The nuclear warheads in the missiles were supposed to have been removed before taking the missiles from their storage bunker. The missiles with the nuclear warheads were not reported missing and remained mounted to the aircraft at both Minot and Barksdale for a period of 36 hours. During this period, the warheads were not protected by the various mandatory security precautions for nuclear weapons.

Image

Interesting: [Michael Wynne](#) | [Air Force Global Strike Command](#) | [W80 \(nuclear warhead\)](#) | [AGM-129 ACM](#)

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[\[-\]](#) [demobile_bot](#) 1 point 11 months ago

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Got a question or see an error? PM us.

http://en.wikipedia.org/wiki/2007_United_States_Air_Force_nuclear_weapons_incident

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Tip of the iceberg, my friend. Tip of the iceberg.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Do you ever wonder why people, especially in activist/political contexts don't just assassinate the people getting in their way? I was reading about how some protesters and want these two cops fired - if they feel so strongly about it how hard would it be for one of them to murder them in their sleep? It seems like the practical response if nothing else has worked idk it would be symbolically powerful and as long as nobody gets caught they would have a hard time finding a scape goat with the whole group playing Spartacus.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

This happens all the time around the world. The surprising thing is that it doesn't happen more often. I think the Hollywood affect is in play here as well. Movies give you the wrong impression of how easy it is to assassinate someone. Governments frequently have a hard time of it. We failed to assassinate Castro something like 39 times. Stalin and Tito had an infamous falling out that resulted in Stalin sending several assassins after Tito, who all failed.

The reality is that just assassinating a leader isn't usually going to fix anything. Most grievances don't rise to the level of warfare, and you have to prepared for war if you're willing to kill.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Do you guys get taught political/military history at all?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

No, not really.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Damn, I read in Chuck Pfiefers book that after BUD/S they had them read a bunch of military philosophy books because they were all just "indestructible morons". You seem to have a lot of general knowledge on stuff is why I asked haha.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

The O's do a SEAL Leadership course between BUD/S and SQT that takes 6 weeks (I think), and they might have a reading list like that. The rest of the guys don't get anything like that.

We got a tiny bit of relevant Hellenistic philosophy from a Master Chief that told the Command he wanted to have us for an hour a week to teach us. I don't know if they're still doing that or if it was just his personal project while he was there.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 11 months ago

Don't know if I'm remembering right, but didn't you say you did some PSD for POTUS? What's that like?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

That's like sitting around watching movies and playing ping pong when you should be home visiting family, all because the Prez wants to get some shaved ice.

It's gay. It's a waste of resources. It should disgust Americans that we've come to the point where it seems ok or normal for our President to move with a small army inside the US.

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[\[-\]](#) [joe_buck_yourself1](#) 0 points 11 months ago

That's incredibly fucking gay. Adds to the huge list of why I hate Obama.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

It's not like he organizes his own security. I actually don't know who the USSS reports to directly....probably Congress...

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 11 months ago

Yeah good point. Just a clusterfuck of a system.

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[\[-\]](#) [TrimHopp](#) 1 point 11 months ago

Would you say to go in for the SEAL Challenge Contract, or go into another rate and try to get picked up by NSW?

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[-] [Nidkid](#) 1 point 11 months ago

I think technically sometimes they don't draft people from within the Navy who enlisted in certain years, all else being equal.

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[-] [TrimHopp](#) 1 point 11 months ago

Umm, sorry to be blunt but this isn't true.

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[-] [Nidkid](#) 1 point 11 months ago*

<https://www.sealswcc.com/forums/showthread.php?2150-Current-status-of-prior-enlisted>

<https://www.nukeworker.com/forum/index.php?action=printpage%3Btopic=23012.0>

I had it backwards, it's not that certain years can't get in its that certain years they don't draft from prior service.

& You can't transfer until you've spent 2 years at your first job.

<https://www.sealswcc.com/forums/showthread.php?865-Corpsman-to-SEALs>

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Only do the Challenge Contract. Anything else will be an even bigger waste of your time.

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[-] [TrimHopp](#) 1 point 11 months ago

Alright, thanks, thats what I was thinking because you have to serve a minimum of two years before transfer which sounds awful.... with no guarantee you have a shot at BUD/S. Do you know where most of the DORs end up that did the CC?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Some guys go SWCC, some go to Corp school, I really couldn't tell you where most of them go.

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Came across this article. <http://nypost.com/2014/12/28/could-private-armies-fight-the-next-major-conflict/>

Do you think future wars will be/ could be fought mostly by private corporations? Couldn't that shift the balance of power in the world if a Blackwater type of corporation could create a big enough military?

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[-] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Not in a hegemonic sense, but yeah, in terms of global players, PMC's are becoming a bigger thing. What you have to

remember is that they only exist at the good will of the State Department. The issue I see is what role they'll play in areas that are of relatively little importance to the US Gov but of high importance to foreign gov's (re China) or corporations. Basically we're talking about Africa.

Otherwise, a PMC that is working in accordance with the State Dept is no different than the DOD. Just an extension of US foreign policy at the end of a gun, a cheaper, more agile, better paid, gun.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

where there ever guys who made it past 1st or 2nd phase that were dropped that came back. I feel though most stories of 2nd attempts I hear are from guys who dropped in hell week first time and then made it through the second. I haven't experienced it so I can't say shit but I firmly believe if I got so close as SQT. I would go through BUDs again just to get to SQT

You got 100 each of Green Bennies, rangers, Marsoc/recon, and PJs all go to BUDs. what are the ratios of people who make it from each. I heard back in the 80s SF would send a guy to BUDs, (like how SEALs went to ranger school) but it would be like 1 or 2 guys tops and they always made it through cause the Army wouldn't bare the embarrassment to send anymore at the risk of one of them not making it

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago*

I'm sure it happens, I didn't know anyone who had made it past 1st and come back.

I'd say Recon/Marsoc would do well, maybe 80% of them (these are total out of my ass numbers here), probably looking at 50% or less for GB and Rangers though. No idea how the PJ's would fare.

I can tell you with certainty that I know several guys who quit BUD/S, got out of the Navy, went to the Army and became Green Berets. I've never heard of anyone doing the opposite.

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[\[-\]](#) [Maritimer86](#) 1 point 11 months ago

Do you get a lot of "ooo and ahhh" type reactions when people find out you're a SEAL? And if so, does it get annoying after a while?

I also have a question about the Red Wings Op. How accurate is the story we've been told vs. what actually went down? I know Lone Survivor is a good account, but there's still so much conflicting information out there and I've always wanted to just get the straight dope about what happened. I met a SEAL who was part of the rescue mission and I should have asked him when I had the chance. I completely understand if you can't talk about it. Thank you in advanced.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

No. Not really. I tend to find out later that someone was impressed or curious about me. I met this MD on rotations in Tampa that was just awestruck. He wouldn't leave me alone for the better part of the day and levied a barrage of questions, and whatever I answered he'd repeat to the other docs in the room in a hushed tone.

Vast majority of people though would probably never guess, and most who find out hear it from my SO or parents.

The biggest reason you don't want to advertise it to people, besides the Opsec stuff, is that you're suddenly in the limelight. You have to live up to the image they have. It's depressing for everyone involved when you get asked, "so do you know how to kill a man with one punch." and you have to either lie or say, "no, I got a week and a half of hand to hand training and we basically just learned to box."

"Oh, well what's Afghanistan like?"

"I don't know, never been, ask that chick over there, she was in the national guard, she probably knows."

The AA's I've read are fairly different from Lone Survivor. It's hard to say who's info is more reliable, but the AA's certainly paint a much more conservative picture of the enemy force and the gun fight. That's not to say that it wasn't a no shit dick dragger and that those boys aren't all heroes, just that there may be an element of "the fish was this big" to Marcus's account.

What went down is what you've seen. DN passed on a reccy op because the target wasn't worth the risk. SDV was eager to show off that they were the premier special recon team in the world and went out on an ill fated op. The tactics they used were pretty shit, and they made a lot of mistakes that they paid for in blood, the lessons of which were taken on board by the rest of the SEAL community and DOD. Honestly, it's a lesson in how not to do an SR, but that's how things work in the military. You do what you think works because some guy who never did it for real himself taught it to you that way, and then you find out the hard way that it doesn't work. If you have enough war, you get enough experience and pass it on, and that makes you better, but still not prepared for the next war, but you won't realize that until you've fucked up again in that war.

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[\[-\]](#) [Maritimer86](#) 1 point 11 months ago

Thanks for the response man. One thing that stuck out to me in the book was how the fast rope got mistakenly left where they inserted. Don't think they showed that part in the movie.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

They made a lot of mistakes. That was definitely one of them.

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I kinda think this whole women in the teams thing is just circulating because the navy doesn't have anything else interesting at the moment. do you seriously think there are going to open it to women?

Did being a SEAL affect the way you saw the world/politics?

Is it actually possible to have a girlfriend while being a team guy?

have you realized that you should probably be a decision maker for this country, even if it makes half of congress

explode cause you make too much sense?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

The Women in Combat thing has been growing for decades. I think you might be right that it's coming to a head now that the DOD can't argue that it's busy with an actual war, but I do think it's being treated as a serious issue. Having seen first hand how much focus the upper levels of leadership put on political issues at the expense of tactical concerns, I can pretty safely say that they'll open it to women, and that they'll do everything in their power to actually get women in because just 'opening' it to women isn't a political win, you have to prove that you're being fair by actually getting a few women through. Look at the integration of the military academies. They opened them, but then subsequently took a ton of heat and embarrassment for allegations of sexual assault and misogyny. When they open the Teams, they'll do it in such a way (oversight committees and observer teams) so as to mitigate those risk (which will also mitigate the chances of the women washing out). As an example of how different BUD/S can be based on who you are, we had foreign military officers in my class who could basically call a time out whenever they wanted, skip evolutions, and generally participate at their leisure(they all eventually quit anyway, but if you ever see a foreign military member wearing a trident, take it with a grain of salt). We had FBI HRT do 2nd phase with us, and they likewise skipped all the beatings, drank coffee on the pool deck, and did what we call "a gentleman's course." (They're just there to learn CC diving after all).

Most definitely. I was much more idealistic before going in. It was hard to believe that shit really does float to the top. So much of what we see and hear is heavily filtered. Money rules everything. Business concerns trump concerns for health and life. Remember the brouhaha over the lack of armor on humvees? Tip of the iceberg. Spreadsheets and politics trump reality.

Completely possible. Actually, I'd say it's borderline inevitable. Keeping a gf is another story. That takes commitment and work from both sides, and I think TG's take a bad rap in this regard because the reality is it's usually the women that end up having second thoughts when they realize that, just like being a TG, dating a TG isn't all Hollywood and romance novels make it out to be.

[This](#) guy is doing it. I've never met Carl or read his book (on my to do list, now), but I'll go ahead and publicly endorse him. He probably won't get far in Congress, because he calls bullshit when he sees it, but good on him for trying.

[Good videos on his site](#)

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

What about Ryan Zinke?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

A Bozeman, MT native and SEAL? Got my vote.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

You ever think about hitting up Louis Simmons of Westside or Chris Sommers or some other world class coach and saying "I'm a former Navy SEAL, could I come train with you for a few weeks?"

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Nah, I'm not a world class athlete. I've had enough world class coaching already to be at a level I'm happy with.

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Any plans for nye?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Getting a pump then going for dinner and drinks with gf and some friends.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

Sounds fun mate. Cheers once more for all the info. Happy NY.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Yeah, not worries. You too.

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Does SWCC actually see any combat at all? It seems like Navy Riverine squadron and even Marine fucking grunts on boats did more stuff in rivers in Iraq than SWCC did but I am not sure if that was just cause of OPSEC (like as in they were with Dam Neck guys a lot)

Are you going to watch American Sniper? Why have't more people spoken up? I don't know why that bothers me so much but I would like to think I would raise questions

Are there other TGs that are really well known that people need to slow their role with? I know Marcus exaggerated stuff but he honestly seems like a solid dude

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Not really, no. DN has their own boat guys.

Probably.

I don't know Marcus very well. His brother has a stellar rep in the Teams. I think Marcus is seen as a bit of a blowhard. Marcus's bff is a complete and utter tool, so that, and some of the interviews I've seen Marcus give, makes me inclined to believe he's a bit of an ass.

I think there are a bunch of guys from that generation that believe their own hype....Marcus joking in an interview

about leaving Ben Foster dead in the Texas desert if he rubbed him wrong during their road trip. Seriously dude? Yeah, you're a 6'4" navy seal, you could probably kill the actor. Bragging about it on stage is just a dickhead move.

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Do you think a SEAL team could realistically go rogue? Like from season 2 of "24".

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I haven't seen season 2 of "24" but I'm going to say it would be highly unlikely. I could see a platoon or a faction of a Team going rogue possibly if there was good incentive. Ok, would it be possible? Yes. Would it be likely? No.

Sort of like if you asked if it would possible for one person behind the scenes to expose all of the top secret NSA programs. We saw it was possible, but at the same time, only one person in the last decade did it and there was very good incentive there.

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[\[-\]](#) [EVera34](#) 1 point 11 months ago

I'm a bit of a daydreamer. I'm competent and far from stupid but I was diagnosed with ADHD and lose focus sometimes. Not to sound cocky but my biggest fear is making it through BUDS and being a shitty fit for the teams or getting cut out in SQT. I don't just wanna make it I wanna be good or great at my job. Should I not even sweat it or is that a legit concern?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

It's a legit concern, but it's on you to know. Being worried about it is a good sign. I can tell you that I know plenty of good TG's that would be considered hyperactive. Part of what makes a good TG is overcoming personal failings, and the first part of that is recognizing them. So the question isn't whether you are a good TG now, it's whether you have the discipline and will power to turn yourself into a good TG.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

Did you ever get recognized for your work? Like an employee receiving a promotion or a doctor getting research published...something to make you proud of the tireless work you're putting in? Or is the only TG equivalent to that would be moving onto DN?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Only by my peers, which always made me proud. TG's get awards occasionally but they're almost meaningless. Military awards are always a joke. A supply person who stayed late one night to help sort out a logistics issue will get a huge glowing eval and award while the SEAL who was downrange on that mission doesn't get anything. On the flip side, there are certain times when every SEAL associated with something will get a huge award, whether they did any work or not.

This isn't exactly in response to your question but just to give you an idea of how little honor their is in the flair and

trinkets worn on chest, at SQT graduation I showed up with an 'S' on my Rifleman badge. I hadn't shot to the Navy standard 'E' yet and wasn't entitled to wear an 'E'. To my surprise, I got my ass chewed for that and told to immediately go out and buy an 'E' because "every SEAL is an Expert rifleman."

Also doesn't directly answer your question but something to understand about the SEAL Teams is that we eat our own. From BUD/S onward we're taught to seek out and destroy weakness, and that often manifest itself as a lot of pointless negativism. The assumption is that everyone is a Hero, so the only place to go is to become a Zero, and we're constantly looking for reasons to chop each other down. In my experience, this gets worse the higher up the ranks you go. A bunch of E5/E6's will work together and look after each other, but you get an E8 or above in the mix and everyone is a "useless faggot new guy" all of a sudden. I think the Frat mentality is stronger with the older generation as well, guys that didn't join to go to war, but because they wanted some meaning or sense of belonging. All the cool guys I know with rank are loners (or at least 'individuals'). They're also the best Operators and most interesting people.

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do you think in order to be a good leader you need to be an "individual"?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

Absolutely. The terrible irony is that to be selected as a leader in any big organization you need to be crony or sycophant.

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[\[-\]](#) [JogaMimFora](#) 1 point 11 months ago

Mind sharing some stories of the "individuals" - things they did that set them apart in your mind? Stuff like that.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

The individuals thought for themselves. There are guys that you only ever see with other guys. They go everywhere and do everything in a group of two or more. Those guys do well in the military. They fall into step quickly, and they make everyone around them comfortable. Leadership like them because they're reliable and agreeable. They won't make waves, and they won't do anything unexpected. The higher up you go, the more of those type guys you see.

Individuals are always on their own program. You see them in the gym by themselves, sometimes with others when it suits their purpose, but often alone. You see them in the locker room on Saturdays when no one else is around because they want to work on their kit without disturbing people or being disturbed. They step up and call bullshit when they see it, and aren't afraid of offending people. They have side projects. They take initiative on things, innovate and create. Make judgements for themselves without always having the need to consult others.

Goggins is an individual. He can work in a team as well as anyone, but when that's not required, he's on his own program. He knows what he needs to do to reach his goals, and he does it.

Most TG's are "individuals". Of course it's all on a scale, but I'd say less than 25% are the sort that don't think for themselves. 50% fall in the middle, skewed towards "individual", and then another 25% are basically loners by nature.

Think of it like this. If you're in charge of 10,000 men, you're not in charge of 10,000 **men** anymore, you're in charge of a **Division**, and machine. You want to be able to utilize it as one homogenous, interchangeable, interoperable, clump of shit. That's the Army. That's most DOD Leadership. If you're a piece of that lump of shit, the best thing you can be is Forest Gump, "Because you told me to, Drill Sargent!!!"

Opposite side of the spectrum. It's you and 5 friends going into North Korea to sabotage a nuclear centrifuge. Now we're talking Oceans 11. You want the "hacker" and the "language guy" and the "demo guy" and you want each of them to be the best in their fields. You want the guys that are thinking outside the box, able to adapt and think on the fly. That takes a lot of expertise and practice and investment, and trust in each other. It's sooooo much easier to just drop 10,000 guys who each have 3 weeks of experience learning how to shoot and dig foxholes.

The DOD hates SEALs. SEAL leadership hates SEALs. No one with a military background or ideology likes the "individual". It rubs them wrong. It insults them when your very existence dispels the myth that you need 10,000 men or billion dollar toys.

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Can you wear whatever gear you want to wear as a SEAL?

I just read this

That forced many to bring their personal hiking boots to battle. Some SEALs have even been photographed wearing Converse Chuck Taylors for certain missions.

What about other gear, do you have control over that?

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[\[-\]](#) [nowyoureingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Kind of. It really depends.

The old joke is that the definition of a SEAL Platoon is 16 guys, all doing the same thing dressed differently.

Now days there seems to be less leeway on that though. Generally speaking you wear approved uniforms, and have some flexibility in footwear and maybe the belt you wear. Guys are or were getting a ton of shit for having the wrong plate carrier or plates or wraps or helmet or wearing AOR2 with AOR1, etc.

Same with some of the equipment you use. They kind of look the other way if you want to mod the furniture of your weapon, but messing with internals was a big no no. We managed to fit a Mk13 EGL onto the front rail of our M4 with just a minor amount of filing away some ABS plastic. We got shut down so hard for that.

The other thing to keep in mind is that this gear is coming out of pocket. If they don't give it to you, you're buying it on the open market or making it yourself. A smart Chief I know used to tell us to put the equivalent of one paycheck a

year aside to pay for gear and misc shortfalls in the stuff issued by the Teams.

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[\[-\]](#) [mikegymnastics](#) 1 point 11 months ago

Just trying to better understand the mindset of a Navy SEAL here.. You know when you're doing an absolutely grueling workout?! Your body is toast, you think there is NO WAY I can do that one last rep... Do SEAL's do that rep, and then another, and then another? Is that what log pt is like?

In my mind your body reaches a threshold where you honestly can't lift the log anymore. SEAL's log pt for hours..How do you still lift the log? Are you phenomenally prepared for this activity, or does every good SEAL just say fuck it, and push themselves way past what they thought their barriers were?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 11 months ago

SEALs have learned that the signals most people take as indication that "no way can I do that last rep" are usually lies. You can almost always take another rep. When you can't, you can always drop weight, or shake it out and come back.

Log PT is really hard to describe. The log isn't that heavy, ~30lbs a person if split evenly. Any highschool football player would be more than physically capable of doing a log pt.

You ever grab a big load of groceries and start carrying it in but the doors locked and your mom can't find the keys and instead of putting the bags down you just hold them? The bags cut off blood to the fingers and they start to hurt and your arms are burning. Log PT is like that, except that you live on the top floor of the Burj Khalifa and the elevator is broken, and your mom is a bunch of SEALs ready to kick your ass if you put the bags down.

You say fuck it and push past. Say it with me, "1...2...3...up log. 1...2...3...up log."

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Did any of the legacies (or whatever you call a SEAL's son) or anyone else for that matter know it was going to suck? The job not war. Did it make any of them use it as an excuse to quit?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Legacies, yeah.

I don't think so. Most the guys I know who were legacies had fathers who were active during the 70's, 80's, and 90's. I knew one guy with two older brothers in, but one was at DN already, and honestly when I was going through training there was no talk of the sequestration or stand down or end of the wars. We got a little hint of what was to come when the WarCom CO came out to talk to us in 3rd Phase and talked about the future of the Teams. Other than that, all we heard was, "Every one of you that makes it is going to war. You're going to be shooting mother fuckers in the face." Even through SQT.

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Any idea what happened with this guy, if you were in when this went down in 2012?

http://usnews.nbcnews.com/_news/2012/12/23/16109338-seal-team-4-commanding-officer-dies-in-afghanistan?lite

SEAL Team 4 Commanding Officer who committed suicide in Afghanistan. Do you think even being an O in the teams sucks or if this was something different?

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[\[-\] nowyourdoingit](#) SEAL [S] 1 point 11 months ago

We just heard he shot himself. I never got anymore specifics than that.

Being an O sucks. It probably sucks more. The pressure to conform is higher, and you're assailed from both sides. You basically have to be a dick to your boys or your bosses will have your ass. Some guys drink the coolaid though and then they're right on board with the bullshit.

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[\[-\] nighthaulk](#) 1 point 11 months ago

What are your thoughts on [this](#)

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[\[-\] mikegymnastics](#) 1 point 11 months ago

In general, do you think Navy SEAL's do some good in the world?

Additionally, do you think the United States does good in the world?

Could you elaborate on your answers?

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[\[-\] nowyourdoingit](#) SEAL [S] 1 point 11 months ago

Absolutely. The question isn't whether the SEALs are a force for good, it's whether or not they're being utilized properly. That can mean misused as in doing unnecessary missions and misused as in not doing enough missions.

I think the US attempts to do what is good for the US. Our government acts on its own behalf. Period, full stop. Often times, those actions are in keeping with the general attitude of the American populace, and lead to good results. Far to often though, those actions are shortsighted and politically or economically motivated for the benefit of narrow and powerful interest. [This happened](#). The guys that were behind this plan taught the guys that taught the guys who are in charge right now. We're not far removed from that at all. We have a tendency in America to say, "ohh, well we have evidence now of shady stupid things done by our government 20 or 30 years ago, but that's ancient history, I'm sure they've learned their lesson." No. It's happening today. Right now. The whole of OEF was a monstrous disaster that has changed absolutely nothing and cost more than \$686 BILLION and 3400+ lives plus wounded. We've increased global enmity of the US, emboldened our enemies in the muslim world, injured or killed thousands of civilians.

Elon Musk does good in the world. Bill Gates is doing good in the world. The US government....not so much.

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[\[-\] autowikibot](#) 1 point 11 months ago

Operation Northwoods:

Operation Northwoods was a series of proposals for actions against the Cuban government, that originated within the Department of Defense (DoD) and the Joint Chiefs of Staff (JCS) of the [United States government](#) in 1962. The proposals, which called for the [Central Intelligence Agency](#) (CIA), or other operatives, to commit acts of terrorism in US cities and elsewhere, were rejected by the [Kennedy administration](#).

At the time of the proposal, Cuba had recently become communist under [Fidel Castro](#). The operation proposed creating public support for a war against Cuba by blaming it for terrorist acts. To this end, Operation Northwoods proposals recommended hijackings and [bombings](#) followed by the introduction of phony evidence that would implicate the Cuban government. It stated:

Imageⁱ - *Operation Northwoods memorandum (13 March 1962)* [1]

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[–] [mikegymnastics](#) 1 point 11 months ago

That is, unfortunately, the same answer I arrived to. I would love to run around and kill terrorists, but it doesn't just happen like that. Is the reality of the situation something that bothered you or guys in the teams? I have heard people don't talk politics often, but I know that the reality of the situation would bother me. As a potential SEAL candidate, I love the camaraderie and the challenge, but I'm worried about the actual job I would be doing.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Yeah, guys talk about politics, but often its about 10,000' or below stuff. Guys don't necessarily concern themselves with national strategy or the Constitutionality or morality of the Fed, but they do talk about how DOD policies are ineffectual and bullshit. How good men are being sacrificed for short term political ends back in Washington, or how they're asking guys to put up years of their lives and potentially the rest of their lives to accomplish what amounts to economic espionage, shit we shouldn't be doing in the first place.

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[–] [paulh774](#) 1 point 11 months ago

I'm currently an IT3 stationed in Norfolk. An old friend of mine, who is also an IT, and I ran into each other a few weeks ago and he works with SEAL teams now (not sure if he's on a SEAL team itself or if it's a support group, I was a bit drunk during most of our conversation). I was wondering if you knew anything about an IT possibly becoming (whether it's radio-related or complete cross-rate) a SEAL, or at least working with them. I tried asking my CCC, but he's near the end of his enlistment and isn't being very helpful. Thanks in advance!

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Any rate can crossrate to SEAL if you get the paperwork sorted and Command approval to go to BUD/S and pass selection.

The most likely scenario is he's an IT at a Team. Every Team will have several rates assigned in support roles. These

are the 'techs' you hear about. He'll work with the SEALs in some capacity but he won't likely do any kind of Operating. Most techs consider working at a Team to be a good gig though, and something you might look into.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

ever checked out [these guys](#)

how much money would you realistically need to take out boko haram or someone like that? assuming your boys are down/everyone is paid equally (gear, transportation, and other logistics) If this happens I am so down to go. Even if all the responsibilities I get are shitty FNG ones..... I'm serious man don't forget me

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Yeah, SOFREP puts out some spot on criticisms, including the one in the link about the conventionalization of SOCOM.

Assuming we had the cooperation of the Nigerian government, I'd say 40 of us could do it for well under a million in gear and logistics. Most guys would probably want 200k apiece for their time though unless we really just had carte blanche to do and operate as we pleased, in which case I'm sure I could get guys to come for free.

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[\[-\]](#) [Champion_Of_Hircine](#) 1 point 11 months ago

Damn I know im hella late but maybe you still can answer my questions ? I just want to know 2 things, in the movie lone survivor this new seal had to go in front of a bunch of other seals and say the "frogman's creed" do you guys really have to do that ? and can you be a navy seal if you wear glasses ?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

There was a lot more focus on the hazing of new guys back in the day when being a SEAL was more about being in an exclusive frat than actually doing any war fighting.

You could feel the tension when my generation showed up between the E5's, E6's, and young E7's that had been fighting the war for the past 6 or 7 years and the older chiefs and up that had joined back in the frat days and had been riding a desk for most of the war. You'd have the old chief or senior chief talking about bird cages or milvan beatings, and everyone around them would roll their eyes.

Soapbox: My gen joined to murder people. None of us had the time or patience for fuck fuck games and new guy bullshit. These old faggots that never warred and thought we were trying to join their gay little frat can all fuck off and die. Anyone who's joining now though better be ready for that bullshit, because that's what the Teams are going back to. Silly time wasting frat boy antics.

Yes. Most guys end up getting PK or Lasik but I knew a few guys who rolled with contacts most the time and otherwise had special shooting glasses made by the navy.

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[\[-\]](#) [thecod](#) 1 point 11 months ago

have you ever worked with the GIGN? and have you seen [this](#) video where they raid the store where the terrorists are

inside, is it me or does that seem like too many people, im surprised none of them shot each other on accident.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

No, never worked with them. Those were some straight up banana tactics. They almost put themselves into a crossfire as the dude runs outside. I guess the strategy is armor up everyone like a tank and flood the area. Fucking bananas.

I would want nothing to do with any of that.

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[\[-\]](#) [thecod](#) 1 point 11 months ago

looked like a bunch of "sweeps" were happening, and everyone wanted in on the action and tactics went out the window.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

What was your state of mind at BUD/S, not just when it was wicked hard but just in general - even after hours and stuff, what was the atmosphere like? I knew a guy who dropped during hell week and he said that prep is all well and good but then two hours into actual BUD/S you go into order taking zombie mode, agree?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Prep is just fun. It's focused on making you stronger and fitter and healthier and the Coaches are great and the Divemo's are relatively chill and the atmosphere is fun. BUD/S is a kick in the nuts. You're always a little or a lot on edge. You're always worried about the next evolution (how hard is it going to be? how long will it last? will I quit? will I break physically? am I going to do something dumb and get singled out?) or worse, you've heard about an evolution from the previous class and you're expecting it (ohh fuck, is this seven layers of hell? nope....oh shit, that must mean seven layers is after this! fuck what is this?! how am I going to survive seven layers after this?!etc.). At the same time, you barely have any semblance of control over your world. You're really along for the ride. It's just a game of keep up with everyone else, don't be at the back.

I think something that helped me is that I'm really good at switching off. You need to be able to act with the practiced disassociation of a trauma surgeon. When things get hard, you answer all those other thoughts with, "Fuck it." and you go into robot mode. Just do. Focus on the task at hand. Putting your feet in the footprints of the guy in front of you, or pulling a little harder on each paddle stroke, or going through your EP's to deploy your reserve chute. It's all the same. It's all about compartmentalizing. Decide that you're going to do 'x' and then shut off everything that isn't related to doing 'x'. It's a skill, and a tool in the toolbox. The best thing is it's really just something you can do. "There is no try." It's not like a muscle that requires progressive growth to work. It's just a decision that you make. Of course you can get better at it with practice, but there's nothing that prevents someone from getting up off the couch one day, putting the bong down, and going from slouch to hard ass over night.

The paradoxical side of this is that once you become accustomed to it, you can keep doing 'x' while you're also thinking about 'y' and 'z' at the same time. The blinders will open up the more you do it, but you need to be able to put the blinder back on when the time calls for it.

After hours, especially weekends, I thought of as my time, and really tried to decompress. I'd usually spent at a few hours Saturday and half of Sunday doing things like boot/uniform prep and room cleaning, just so I felt prepared for the next week. The rest of the weekend I'd spend exploring Coronado or SD and eating, always eating. After HW I tried to get on a stationary bike for at least 20 minutes each day Sat and Sun. Do other little things to better your lot in life. Being able to go into robot zombie mode doesn't mean that when the pressure slacks you can keep coasting, you need to go back and forth between surviving and taking ownership and being proactive.

It's your time to prep for war again.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

there's nothing that prevents someone from getting up off the couch one day, putting the bong down, and going from slouch to hard ass over night.

Ha, you're telling me dude. Everything else you described is how I tend to be anyway so that's dope.

Did you ever worry about getting seriously injured? Dying is one thing, but losing limbs or being a vegetable or having brain damage like how football players get is another.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Not really. I figured, in all likelihood, if something went sideways on me, I'd just be super dead. There's not usually a lot of middle ground in the stuff we do. IED's and getting shot in a bad spot....but otherwise it's pretty much hero or zero.

I used to worry about losing my eyes. Piece of frag or a tree branch taking out my vision.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

Don't know if anyone already asked you this but, did they try to get you to reenlist immediately after BUD/s or SQT? I heard that they are offering guys a bonus to reup after BUD/s (even though that would only be after ~1 year active duty).

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

They had someone from PSD come in after BUD/S and give us a sales pitch on re-enlisting but I think it was geared towards the Fleet guys who were coming up on 3 or 5 years. I'm no expert on this but I think there is a window in which you can re-enlist. Something like 90 days before the end of your first 4 years, before your automatic 2 year extension kicks in to affect. You can re-enlist any time during the 2 year extension (I think), but you don't get to swap out that extension for the re-enlistment. As I understand it, if you reup during the window before the extension goes into affect you can effectively sign up for 4 more years and have them start at the end of your first 4, so you just drop the 2 year extension and do 8 instead of 10. That make any sense. Maybe someone from PSD or a TG who's done the dance, can chime in here.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 11 months ago

DN Squadron nicknames?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

You want to know them? Go to DN. I don't even know them.

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[\[-\]](#) [ajp8712](#) 1 point 11 months ago

Just finished reading this whole thing lol.

I'm a lifeguard in LA, just had eye PRK done and getting ready to test for a SEAL contract in a few months. First off I want to say thank you for answering a bunch of questions I hadn't even thought of myself.

Are there guys in the Teams right now who do have that same mindset and ambition they did when they showed up to a platoon, fresh out of SQT? I'm not changing my mind, seeing as becoming a SEAL and joining a community to work with highly motivated dudes is what I have chosen to do. However the optimist in me can't help but believe that there has to still be a few guys left in the Teams still who love the job so much and the brothers they work with that they won't just leave because of beaurocratic BS and genuinely love the culture.

Also, just curious have you done any travelling outside of the military? (Visiting the Maldives and the Himalayas seem like dope places to visit)

Is the food in BUDS good and do you really get to eat as much as you want? What did you major in college? Have you ever thought about using the GI bill and going back to school? Do you know any SEALS who have taken advantage of the STA 21 program? Do you use a buoyancy compensation device when combat diving? (Sorry in advance if that's a violation of OPSEC) What do you do with your free time now that your not in the military? Are you still close with friends you had prior to becoming a SEAL? Have you ever seen Bigfoot?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

No problem.

Of course there are. The problem isn't that the community isn't great, it's that the wider culture of the military beats you down, and good gys basically have 3 options.

1. Get out (This is a widely chosen option currently and I think for good reason.
2. Go to DN (This works for some guys and for others it still isn't enough. Having not been there myself, my guess is that it's a step in the right direction but not a solution.)
3. Drink the cool-aid (The third option is to go conventional and play ball with the wider DOD community. This has been a stated priority of the SEAL leadership for at least a decade and the results of that policy are being seen all through the Teams.

Generally speaking, you'll have the best time in the Teams while away on training trips with your Platoon because you'll have the least amount of direct oversight. On these trips you'll see what happens when the leash gets loosened

a bit and just how awesome it is to work with motivated ingenious sonsofbitches. These trips will also make you rue going back the Team by highlighting what's wrong with the conventional military.

When I got out I got straight on a plane and have been traveling ever since. I did a little traveling while on leave in the military and took so much shit for it from my Platoon leadership it was amazing. Saving the maldives for the honeymoon. Saving the himalayas until baby girl has a bit more mountaineering experience and can really enjoy it.

I liked the food in BUD/S. It's pretty much American staples in large quantities. You'll pretty much be able to get as much as you want, but you might be limited to 2 cheese toasties or something like that if their are only 'x' number of something. You'll find the problem is usually having the time to eat. They try to make sure you have enough time, but sometimes it can be tight and you might have like 22 minutes to get the whole class through and fed.

International Studies with a focus on security issues.

I don't get the GI Bill. Once I'm back stateside I'll start the fight to get it back.

I know one who did way back in the day, and he was kind of looked down upon by the other O's, and I know another guy who tried, did all the paperwork, and never got approved.

Not like a civilian BC. We have a few different lifesaving style buoyancy devices that you keep deflated unless you need to get someone to the surface in a hurry. They're basically 0% or 100%, and you control your buoyancy with other tricks.

Apply for jobs, take free online courses, sling weight, climb, a lot of domesticating for my sugar mamma who's keeping me housed right now.

When I have a friend, they're a friend for life.

Nope, no bigfoots, yetis, chupacabras, swamp things, mole men, or mermaids. I swam with an orca pod once though, and that was pretty nuts.

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[\[-\]](#) [ajp8712](#) 1 point 11 months ago

Why don't you get the GI bill if you don't mind me asking?

I beleive you mentioned in another comment that I think teams 8 and 4, we're starting to specialize in african/south american operations. What do you think those sort of operations might entail? Would they be more focused on taking down pirates/drug traffickers?

Was there a time during BUDS when you couldn't help but laugh because of how fucked up an evolution was? Seems like you have to be able to find the humour in the really shitty evolutions to be able to not let the pain mess with your head lol.

Do you remember what your first day of first phase was like?

Do most guys find it hard to hold down a meaningful relationship with a SO or does it really just come down to a person by person basis?

Sorry for all the extra questions BTW.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Long story. Something I still need to work out.

It's a lot of FID type work, and some anti-terrorism DA stuff, but not a whole lot.

Usually not during the evolution, but frequently afterwards. Running to chow someone might crack a joke and all the tension would dissipate and we'd start laughing at how ridiculous our situation was.

There were some dives in 2nd Phase where we were out in the Bay on our own and just all fucked up, and I remember just laughing uncontrollably at how fucking ridiculous things were...you know, guys blacking out under water, being 20' deeper than our absolute safe bottom depth, pitch black, all wrapped up in buddy lines and shit. You're just like, "what are we doing here?"

I had two 1st days of 1st Phase. I remember my first being pretty intimidating, 4 guys rang out that morning before anything even started. So we're mustered up outside 602 hearing the bell ringing and then we form into ranks and run onto the grinder, everyone screaming their heads off. The cadre let us yell for a good 10min before they came out and wrecked our shit with a grinder PT that lasted several hours. Think we did a uniform inspection that day and some other stuff but I don't recall.

My 2nd 1st day of 1st Phase we started with a 4-mile timed run and went immediately into a surf torture. The only time we ever did just 2 rounds of surf torture. It was balls cold. Coldest I ever remember it being in Coronado. Really cold wind blowing too. We did two rounds and then they called it, and later that morning a bunch of guys blacked out after a demo pit run from the combined affect of the intense cold and running. Something like a dozen dudes just passing out on our way to chow, it was funny to see because I felt fine and this new class of mine looked like a bunch of pale faced zombies shuffling along and every 30sec or so a guy would stumble or just face plant.

It's person by person. I'm seeing the majority of my friends getting into long term relationships as they get into their 30's. I think it's harder for the wives and girlfriends but then again, guys are starting to be away a lot less, so it's probably getting easier in that regard.

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[\[-\] Bleugrais](#) 1 point 11 months ago

What was your shift in perspective that made the difference between your first and second go around in phase 1?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I knew I'd die before I quit. Going in I was confident they wouldn't be able to make me quit, but after getting rolled, I knew it.

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[\[-\] ajp8712](#) 1 point 11 months ago

What length and type of intervals would you recommend for running and swimming btw?

Does platoon leadership look down on you travelling when on leave?

Are the instructors funny like sergeants in the Marines? Is it true you get a little bit more respect from the instructors as you progress through each phase?

What was your favorite training trip with your platoon? We're there any officers in your platoon that hadn't drank the Kool aid, so to speak lol?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Depends on what you're training for and where you're at in your own training. For the most part, I don't think running needs to be a huge part of your regime after BUD/S. Pre-BUD/S, you should run a lot. BUD/S is very running centric. Doing things like 3-5 1.5mi repeats with 2 min rest and trying to drop spit them is great for building that middle distance speed you need. One or two LSD (long slow distance runs a week.....

actually, I'm just going to update the FAQ with this, so check back shortly.

Depends of the leadership, mine certainly did. Their attitude was that I was off gallivanting around while they were working (even though they weren't doing anything but busy work they were giving themselves), and I got a lot of resentment from them on my return.

They can be. I mean, most of them are hilarious dudes but they don't let that show through very much. Most the time they're on the attack. Yeah, they tend to open up a little more throughout training. You have a different cadre for each Phase, and each cadre is a cell that has it's own leadership and dynamic, so the 3rd Phase guys only deal with 3rd Phase students, and they know how to keep the right balance between stress and mentoring. 1st Phase is much more about stress.

Land warfare in Cali. Running and gunning and blowing shit up for 6 weeks.

Our 3rd O was good, but he got injured in training and wasn't around very often. Like I said, most guys are pretty good initially, but around the O4 and E7 mark things tend to go south.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

How many weeks a year would you say you were out of town on training trips and where around the country would they send you?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Ideally you'd be gone as much as 10 months of the year in total, but in reality it's probably closer to 4 at best. It's getting to be even less because when you're "on the road" you're TAD, which means you get bonus per diem pays and they're doing everything they can to crack down on that. So for instance, West Coast guys will drive to and from the desert training sites everyday, even though it's 2 hours there and 2 hours back. Same thing is happening on the EC, with more and more ULT training and ProDev training happening locally.

You really could go anywhere. You can sometimes get into SOCOM schools from the other branches so you could be going to Alaska, Indiana, Montana, California, Arizona, North Carolina, Virginia, Mississippi, Florida, and on and on.

Often times our schools are in pudunk little towns but usually not to far from something bigger, and it's common for the crew to pile into a 15pax van and cruise into the bigger city for the weekend.

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[\[-\]](#) [\[deleted\]](#) 1 point 11 months ago

Thanks for all the answers. Did you ever go on a submarine while in the Navy? I have seen how they deploy SEALs in a little torpedo/mini sub thing. Is this common?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

There's a special team for doing that. I did some of that at that Team. It's not very common, only a few dozen guys do it. Plenty of TG's will do sub ops, where they dive off of a sub, but usually it's just a lock out from a chamber. It's really, really easy to do. You just climb up a ladder with your dive gear, sit there while they flood it up, then open the hatch and swim out. So boring, so so boring.

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[\[-\]](#) [nighthawk](#) 1 point 11 months ago

What would be on the menu for your last meal?

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Richard Walkers Dutchboy pancake washed down with a tall glass of milk and a cup of Kona coffee.
Bife de Ojo from Campo Bravo, B.A.
Sweet potato fries with caramel sauce from the Boat House, P.C.B.
2 popovers from BLT.
Carne asada burrito from Clayton's, S.D.
A full bottle of malbec.
1 ltre. of Johnny Walker Blue.
6 gummy bears.
A gallon of Blue Bell vanilla ice cream.

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[\[-\]](#) [HoleInTheAir](#) 1 point 11 months ago

Finish with the Johnny Walker Blue?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Johnny throughout.

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When you were active duty did you feel like you were "the tip of the sphere" of the US? Are SEALs trained in deception, infiltrating in aid worker uniforms or something like that?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

"Tip of the spear" you mean? Tip of the sphere is more like it, or even better, "tip of the spoon." You realize a few things,

1. No one is as good as you thought they were.
2. Hollywood really never get's it right, with anybody.
3. Being the best isn't that hard when everyone else sucks.

Or are you asking if I felt like a direct extension of the US sphere of influence? In which case, yes to that too. SEALs are just another tool in the DOD toolbox, like carriers and F-18's, to push US foreign interest. Sometimes that's a good thing, sometimes it's not.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

What's your experience with AIRR and Divers? At first AIRR appealed to me more than SEAL but, it kind of seems like they're the life guard of the special ops community and that they wouldn't really get to work that often. Is AIRR just new SARC? It's all kind of fuzzy to me.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

They're just lifeguards pretty much period. AIRR aren't going to respond to any spec ops units. They're there for open ocean water rescue. You'd have to ask some AIRR guys if they like the job. I met a few when I was lifeguarding and that's it. They're not spec ops.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Do all SEALs have that serial killer stare?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Most guys you would never guess were SEALs. Tradet used to bitch at us that we'd go into BUD/S mode (that serial killer stare) when they wanted us to work on something and we were over it. It's something you just turn on and off.

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[\[-\]](#) [Nidkid](#) 2 points 11 months ago

You mentioned that "it's not hard to be the best when everybody else sucks"

So I was wondering, what about a little kid who's growing up in the mountains around AKs and anti American propaganda and running every where doing manual labor, this is just who he is at that point what's stopping someone like that from out performing any special ops teams just because him and his friends have this massive volume of practice with all this stuff?

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[\[-\]](#) [NullCharacter](#) 1 point 11 months ago

Can you link me to the comment where he said that? Because I think it's hilarious but I can't find it.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Two comments down dude, and he's said it a few other times.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

What's stopping it is a couple of things, without getting to specific:

Diet
Education
Training
Funding
Resources

It's always a mistake to underestimate your enemy, but the reality is just growing up around guns and running in the mountains isn't going to teach you how to be an effective war fighter.

The Nepalese Sherpas are physiologically adapted to high altitude mountaineering. They are born into it, and they grow up doing it, but someone like Uli Steck can still go in there and crush all of them on a mountain because of his training.

The joke that we have is that even Green Berets only PT once a day. SEALs are better than our enemies because we train harder and smarter than our enemies.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Ha that's wicked funny, imagining trying to tell a group of guys to do something and watching the humanity slowly bleed out of their eyes.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

It's actually one of the problems with BUD/S. There are so many fuck fuck games and no win scenarios that you end up very fatalistic, and then when someone is actually trying to teach you a real lesson you just default to fight mode. Something you have to unlearn in the Teams.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

To that point I was watching Shark Tank last night and saw this guy with that stare and was like "i wonder if he's a SEAL".. Finally his segment came on. SEAL. The guy who invented Fit Deck. He totally blew it though but at the end he was like "look I'm willing to fight and I know Mark Cuban knows how to fight" and they're like lol look we fight for ourselves not bad ideas. Ironic how a TG who went to Yale and then Harvard tries to profit off such a lame idea.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

It's a symptom of the TG mindset. We're always getting bad shit and trying to make it work.

I sympathize with him a bit. You do all this work and training and huge personal sacrifice, and then you get spit out the other end with basically nothing, and you start thinking, "well how do I make what I did have some meaning? How can I get something out of having done that?" Imagine you spent 6 years risking life and limb doing the hardest degree program in the world and then found out there were no jobs for people with that degree, you'd probably do some pretty silly and desperate things to capitalize off that work too. Write a book, make a fitness deck.

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[\[-\] Nidkid](#) 1 point 11 months ago

Totally. Ironically though his inspiration for the deck was a story from college before he was a SEAL haha.

Since you've been traveling extensively since leaving the teams maybe you'd have some input on this - you've been flying everywhere but have you ever considered sailing transatlantic? Most important cities are on the water anyway you think it'd be cost effective/fun to buy a sail boat and just do that? My back up plan is selling instrumentals to vocalists on the internet so it'd be super low maintenance and I'm just trying to figure out how to maximize my freedom. It'd basically be an internationallytraveling home

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I've got a plan to buy a boat in my 40's and sail the world. It might not be cost effective, but it'd sure as hell be fun. You ought to pick up a Dutton's on amazon and start reading up.

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[\[-\] EVera34](#) 1 point 11 months ago

As a new swimmer, should I just go straight for the CSS? I can only really do breast stroke decently but only really slowly. I haven't spent much time with freestyle or side stroke because I figure it would be most time efficient to just go straight for the CSS. I wanna get the fuck out of Herr and get my ass to BUDS as soon as I can. Advice?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

You'll only swim CSS at BUD/S so it's definitely the priority to learn. Once you get comfortable with it though, you might find learning freestyle will be helpful for conditioning.

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[\[-\] Eightwolf](#) 1 point 11 months ago

You mentioned teams 4 and 8 are involved in Africa. Would you say these are two teams where someone would have a good chance ending up doing SEAL type work instead of just training and going on deployments for the sake of deployments? Could you list the teams and rank them in terms of being the most satisfying for an operator, at least deployment wise? Once you're assigned to a SEAL Team are you pretty much set to stay there for the rest of your

career, not regarding DN?

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[\[-\]](#) [nowyourdoingit](#) SEAL [\[S\]](#) 2 points 11 months ago

No I really can't. It just doesn't work like that. We call that "chasing the war" and it never works out. You might fight to get to 10 because you hear 10 has a great rep right now, and by the time you get there, 10 get's shut down. Or you might get to 10 and end up in a Platoon that does nothing but EUCOM jcets. Or you might get to 10, get selected for a super cool black op, train for said black op, then never do anything because the political environment changes and your black op becomes irrelevant.

You do billets in the Teams just like the Navy writ large. Every 2-3 years you get to move around to a new job. Often times you'll stay at the same Team for a couple of billets, but sort of the "ideal" career path that the head shed wants for an enlisted SEAL is:

Platoon

Platoon

Instuctor (BUD/S, TRADET, etc.)

Platoon LPO/CPO

Platoon LPO/CPO

Instructor

Task Unit SEA

Master Chief

and you can try to move around at any point as long as your billet is up or your Command will let you go.

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[\[-\]](#) [Eightwolf](#) 1 point 11 months ago

Thanks for the response, that cleared up a lot of stuff. I guess it's just down to being at the right team at the right time. What do you know about conflicts other than war?

A while back ago I listened to some interview with a former Navy SEAL, Chris Heben was his name I believe. He talked about those types of conflicts being the ones the Teams were involved in, particularly counter drug operations. During the stand down and cooling down of the war were those types of deployments starting to become more common?

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[\[-\]](#) [nowyourdoingit](#) SEAL [\[S\]](#) 1 point 11 months ago

A lot of the counter-narcotics stuff isn't done directly by us. In many of these conflicts other than war situations SEALs are acting as advisors and Instructors to the local forces. These are often deployments to sovereign partner nations and we don't have the latitude to operate there the way you'd imagine. Basically what they did before the war and what it's going back to is deploying forward somewhere and doing busy work (training locals, doing interop with other forces) while waiting for something to happen for you to respond to.

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[\[-\]](#) [Eightwolf](#) 1 point 11 months ago

This is probably pretty fucked up to have to be asking this question, but do you think we are going to be involved in another war in the near future?

I'll be perfectly honest, ever since this AMA started my perception of the military has drastically changed, I used to just have this strange idea that just because I could have a combat job I would be pretty much certain I would deploy into combat situations. I'm still pretty set on enlisting for the SEAL Challenge Contract though, I've just heard the other side of the spectrum that is rarely talked about.

If the Teams are being affected by this current DOD political stance, I can only imagine what it would be like to enlist for a infantry position in the Marine Corps, or the Army.

If this phase of downsizing is in the progress, why do the branches even see the need spend all this money on recruiting? I was at a Marine Corps sponsored Track meet a few weeks ago, they played this recruiting video that showed a bunch of Marines being sent out into a remote desert and doing military stuff with this action music in the background. Everything was catered toward getting recruits for them, I had a Marine come up to me and ask if I wanted to join the military, when I said Navy, he pressed onto why not the Corps.

The whole thing looked like it costed a shit ton of money to pull off. Do we even need more Marines? I thought they were downsizing, and even if we were in a war with a huge demand for conventional military forces, I feel like having your personnel be made up of people with a false sense of glorified war would be a bad idea.

I see commercials for the Army all the time. Why do you think this recruiting is still happening? I feel like we have a military that's having an identity crisis.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Yes, we'll be involved in another conflict, whether that's small scale police actions like in Somalia, or the ongoing anti-terror efforts around the world, or a larger invasion/occupation is the question. I don't see an invasion/occupation happening in the next decade.

Good. Part of the reason I'm doing this is so that guys know what they'll really be getting themselves into. There are a lot of good aspects to becoming a SEAL, but working for the DOD is not one of them. Unfortunately, in the US, the DOD and the political climate really squashes any honest discussion of the downsides of the US Military.

It's bad. I really feel for those guys.

They have a couple of options. They can change policies and practices and actually retain people, or they can recruit new people. Often times recruiting budgets come from a separate pot, so Commanders don't need to change their policies since the US tax payers are paying for the DOD to prey on their own young and uneducated youth, and it's not coming out of the Commanders pockets.

It is a bad idea. We don't need more people like that. I strongly believe that politicians believe that the DOD is one of the Federal Government's social welfare programs. A lot of poor dumb kids who might otherwise wind up committing crimes or in jail, are taken off the streets and taught valuable life lessons by the Army and Marines. Look at the biggest draw to enlisting. "Give us a couple years of your life, and

we'll send you to college with the GI Bill." That's a welfare program if ever there was one.

The DOD has to have certain manning levels. They tell Congress, "we need 'x' number of this and that, and it's going to cost this much." Congress gives them the money, and then the DOD is responsible for making it happen or they have to report to Congress why they failed. If a senior leader has manning deficiencies, or gear deficiencies, or too much or too little money at the end of the year, they might lose their job. The budgets and manning numbers are always a conglomeration of hundreds of competing factors, but most of it comes down to the inertia of that giant bureaucracy. "We need money to recruit and train 50,000 Marines this year." "Why?" "Because we trained 50,000 last year and we don't want out numbers to go down."

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[–] [nighthaulk](#) 1 point 11 months ago

What do you think happened [here](#)?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

https://www.reddit.com/r/navyseals/comments/2s761c/va_beachbased_seal_dies_in_parachute_training/cnn7q8o

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[–] [SteveRemington](#) 1 point 11 months ago

I know i'm really late, but I am seriously interested in becoming a SEAL, I am in high school now and plan to go to college. After life in the SEALs are there still desk jobs or other jobs in the navy, and if not is there a common job for ex SEALs?

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

There are desk jobs in the Navy that SEALs can transition into. Instructor roles at various schools, foreign liaisons, some command leadership role somewhere. There are shamefully enough plenty of SEALs who spend their whole careers trying to hide behind a desk.

Once out, the big thing used to be private security contracting, but a lot of those contracts are drying up and it's getting to be a really shitty industry to get into, hard to get work, lower pay than it's worth, etc.

A lot of guys just go out and find their own thing. Selling insurance, or working at a drive in movie theatre, or going back to college.

It's not great man, and if it's this bad for ex-SEALs it makes you really feel for the 3+ million other vets struggling to re-integrate and make some kind of life in America now.

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[–] [SteveRemington](#) 1 point 11 months ago

Thank you so much for the response, this really helped.

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[–] [KommandCBZhi](#) 1 point 11 months ago

I have couple of questions this time:

1. Does a SEAL platoon have a similar structure to ODA as far as a certain number of men in a specific specialization(medic, engineer, etc.)?
2. Do you know of anybody who has served in multiple SOF units from different branches?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

No. The ODA and ODB Teams are structured differently but ultimately it kind of ends up being similar. For them there's different pipelines for each specialization, but once they get into a team together they're supposed to disperse the knowledge and teach each other their skillsets.

For a SEAL Platoon, everyone has the same base training, and then roles are divided up depending on seniority, qualifications, desire, and need. Often times the more "fun" type roles will go to the older 2 or 3 Platoon guys who will have gone to a Sniper school or Breacher school. New guys will do something like Comms or be a secondary in a department. Ultimately, for both SF and SEALs, pretty much everyone ends up doing everything to get the job done.

I can't think of anyone in specific. I know it happens occasionally.

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[\[-\]](#) [TrimHopp](#) 1 point 11 months ago*

When you say you've never been on a combat deployment, what exactly does that entail? Meaning you've never even been on a single patrol, or you've just never seen combat?

Also, you previously mentioned that the military is a business, and focusing on senior guys pleasing the higher-ups. Do you think the military could function if there was a much larger focus from the top on the support and well-being of the enlisted guys?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

Never been on a single patrol. Never set foot in an active warzone. Haven't even been to a CENTCOM country.

I just read a great piece about the important roll of semi-autonomous bureaucracies in Democratic nations, based on Fukuyama's new book (which I haven't read). In the followup to the invasion of Iraq, a lot of the criticism levied at the various Intel agencies for their failure on the WMD issue was focused on the culture that lead to cherry-picked intel. The way intel agencies work is that they have various ways of collecting raw data. This raw data is interpreted by an analyst (which is what makes it 'intelligence') and then submitted up to the next level in the bureaucracy or chain of command. The person at that level reviews it and other intel and then submits up what they consider the most relevant, and on and on, so that by the time the President get's his morning brief, he's ideally getting the best and most important highlights (kind of like just reading the front page of reddit and never looking at subreddits). The problem is that the politicians who this intel is meant for are also the people selecting the senior leadership, so in effect they have the power to pick and chose their 'default subs'. As a result, the intel get's tailored to match what they want to see, and not reality.

The DOD works exactly the same way. The way to cure that affect is to remove the politics from the organization, and the easiest way to remove the politics is to remove the money. Cut defense spending by 80%. Get rid of the massively wasteful projects like the F35 and our vast naval fleets. Get rid of the outdated enlisted/officer divide. Make the organization merit based and not in any way seniority based. I remember telling my gf about a Chief we had who was as inept as any man I've ever met. She asked how he became a Chief and I explained that every 2-3 years you get promoted, and it pretty much happens automatically unless you manage to screw up in a big way. She laughed and said she couldn't imagine the 55y/o secretaries who had been with her company for 30 years being VP's just because they stuck around.

The focus should be on the mission, and the best way to accomplish the mission is to have the right tools and training and support. Right now the mission is a well known joke, the focus is on pleasing the people in Washington and on fattening the defense industry, and everything else is suffering because of that.

When you can't get green 1" webbing, and you're standing next to a 2billion dollar piece of equipment that will never ever be used. Something is fucking wrong.

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[\[-\]](#) [TrimHopp](#) 1 point 11 months ago

Your insight is so damn interesting. Thanks for sharing.

| Cut defense spending by 80%.

Does the US even need a standing army anymore? At the end of the day, do we really need anything other than SOF and their support roles, and drones? I feel like having an actual infantry is kinda just overkill.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

[This man](#) isn't even a genius, he just has a modicum of common sense and rationality. He's dead on though.

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[\[-\]](#) [TrimHopp](#) 1 point 11 months ago

Great video. Crazy how relevant that is even ten years later.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Not really...the DOD doesn't change. It's based on ideas and entrenched philosophies that are hundreds of years old. That video is describing how it should work in the modern era, which will be relevant at least until we've moved past nation states, or war, or have a massive shift in technology.

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[\[-\]](#) [Maritimer86](#) 1 point 11 months ago

Do guys ever rotate out of that other team and go back to one of the "vanilla" teams to pass on their experience to some platoons there?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

All the time. There are various reasons. Sometimes a guy get's booted out, other times he wants to slow down a bit so he has time for family, but for whatever various reason, there are tons of ex-DN guys interspersed in then Vanilla Teams and especially the Tradets, specifically so they can pass on their knowledge. Development Group really is an apt name. They set the standards and develop the tactics and then filter them out to the rest of the Teams.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

Just thought of this if you're still on the job hunt: one of my former college professors who I took for 3-4 classes used to be the VP of Equity Investments for USAA before he started teaching full time. He's shepherded a lot of his former students over the years into jobs at USAA since he still has a lot of connections at the company. If you'd like I can shoot him an email to see if he can keep his ears to the ground if any jobs open up or if any are available. Haven't talked to him in probably 2 years but I guess it wouldn't hurt to ask. He's incredibly helpful and really goes out of his way for people.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

I would appreciate that, but I don't think USAA has much of a presence in SEA, where I'll be for the next 4-6 months, min. I'd hate for you to ask a favor for me and then have to turn down a role because I'm currently unable to relocate. Maybe you could point him towards [the Honor Foundation](#), which seems to be doing good work to help TG's transition successfully into the private sector. My situation is a little worse than normal because I'm not in the US, but a lot of my friends are having a pretty rough go of it in the States. I've got no debt or children though, and a gf that can float me for a little bit, while most of my friends are married with a new kid or two and are trying to make mortgage and car payments. It's really eye-opening how much networking plays into success in the private sector, and how anemic Team Guys are when it comes to being networked coming out of the black hole of the Teams. It kills me to see my friends back home who are, for the most part, incredibly talented and industrious, struggling to find meaningful work. Something like THF could have a huge impact, and the support of someone like a former VP of a very Vet friendly a supported company like USAA could be a big boon for it.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

No problem, I'll definitely float that by him. I'll ask you again in the future because I'm sure there will be 3 month summer internships that would possibly lead to full time positions.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Awesome. I'm very down for an internship.

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[\[-\]](#) [mikegymnastics](#) 1 point 11 months ago

Recently I have been researching the enlisted rate CTN. I have been told CTN's can in some instances, work directly with SEAL's on combat operations. Have any knowledge of this? What is it like supporting a SEAL team in the field?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

The likelihood of a Tech being directly involved in combat ops is incredibly slim. I've heard rumors about Techs at DN going on Ops, but I can't confirm that or speak to how frequently or to what degree it ever happens. I certainly wouldn't count it in though.

I do know that at any of the other Teams, you'll work in an office, and the extent of your support will pretty much end there. Crypto in the military is easy. It isn't *Swordfish*, any new guy SEAL can be trained up on crypto protocols in about 20minutes. We'd have absolutely no need for a tech in the field.

In fact, I want to say that most of our CTN's worked in our IT department and just responded to network issues at the Team. Were talking: helping people reset passwords, running Cat5, moving data from encrypted drives, really boring bread and butter IT stuff that would happen at any midsize business.

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[\[-\] mikegymnastics](#) 1 point 11 months ago

Hmmm, thank you. Your answer appears to draw a relatively stark contrast to what I have heard. Would you be offended if I quoted you on this and asked the people in [/r/newtothenavy](#) ? Don't want to start a flame war or be a dick or anything over here, just looking for information.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Not at all, go for it. I'm not the world's foremost expert on the Navy.

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[\[-\] mikegymnastics](#) 1 point 11 months ago

lol, of course :D

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[\[-\] Ialreadyatemykittle](#) 1 point 11 months ago

First and foremost thank you for continuing to answer after such a long period of time. I was just wondering if you could answer the following 1.could you elaborate on what you did to prepare for BUD/S as far as swimming goes? 2. You seem like an intellectual and a free thinker, ever fucked around with psychedelics? 3. Beer of choice?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I had a swimming background. I watched a youtube video on the CSS and went to the University pool and tried it out. I was starting the DEP in process and I got a little coaching from the Mentor as well. I didn't really have to work at it though, just with a weekend of practice I was swimming sub 9.

Nope, it's on the to do list.

There's a microbrew porter from Florida, of all places, that takes it for me. I wish it was winter, we could make it into ice blocks and skate on it.

Otherwise Beamish or Coors heavy.

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This is going to sound like a ridiculous question but what do you do if you are on a SR mission, in cover, gathering intel and you have to sneeze? Do you get trained on what to do if you're in that situation where a bodily noise can expose your position and compromise your safety and the mission?

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[-] [nowyourdoingit](#) SEAL [S] 9 points 11 months ago

I'm going to give you a ridiculous answer. This is all true by the way.

We were doing an SR training block in California a couple of years ago. We were a few hours inland and south of San Francisco in the pleasant rolling grasslands of California wine country. Its late summer, and besides the incredibly annoying flies during the day, things were pretty pleasant. The downside was that at night, everything was very still and quite, and the vegetation, which was mostly knee high grass and occasional scraggly shrubs and small trees, was very dry.

Anyway, the scenario was that the Instructor cadre, as well as Techs and volunteers were hanging out in a mocked up compound in the hills. The compound is composed of about a half dozen buildings and has 5 dirt roads going into and out of it, as well as various ATV trails and footpaths. The role players were living there and keeping up a "normal" pattern of activity. They wore Middle Eastern attire, they ate three meals a day, did their prayers, and occasionally the senior leadership at the compound met with people. Since this was supposed to be a HVT compound with security, they also did hourly patrols of the area on foot and ATV. A few of the cadre, in a more Administrative role, were also set to track our infil with dogs and to spend time on glass during the day trying to spot us. Our tasking was to get facial imagery of everyone at the compound as well as the people they were meeting with, and record the pattern of life, all while avoiding detection by the role players and if possible, the cadre who were actively looking for us.

In order to get facial imagery you need to be fairly close. Obviously, the closer you can get the better your image quality will be. You have to balance that against the risk of getting compromised. Having said that, this was probably our 3rd of 4th 72hour SR of that training trip, and we were pretty much over it. We had already "written the book" on intelligence capture and packaging according to the cadre, and we were feeling pretty ballsy.

So with all that in mind, we (my little fire team and I) ended up less than 150yds away from the largest building of the compound. 4 of us piled tightly into a few little leafless bushes on the downside of small hill directly facing the compound. Also less than 20m from a dirt road. We were one of 4 OP's set out, and by far the closest (we were out like dog's balls) and we knew that we'd get a ton of shit from the cadre as well as the rest of the Platoon if our gamble failed and we compromised everyone. Not the same level of consequence as getting caught in the DPRK, but enough that we were feeling some anticipation and unease.

So we've inserted several hours prior, hiked the 10k or whatever it was into the area, doing all our tactical bullshit to throw off the dogs and cover our trail, set up our hide site inside the "grove" of bushes, gotten good comms (so we know we don't need to move), started our Obs Log, eaten "dinner", and are finally starting to relax. My buddy, who's doing all this for a second time, as this was his second platoon, and who we kind of looked to for guidance, suddenly whips out his cell phone. Now the other three of us are just new guys, and the idea of bringing a cell phone on an SR seems like a baaad idea, so the bright glow from the screen as he turns it on makes us all cringe. It's not like we were dug into cover, we just had some lightweight mosquito netting hung in the shrubs to help camouflage our silhouettes, and anyone looking could easily see the light. He taps me on the shoulder and whispers, "dude, you got to check out

this app."

I still don't know what the app does, or why it as so important that I check it out at that time and place, because just before he hands me the phone he opens the app, and suddenly, at full fucking volume, Hail to the Chief starts blaring out of this thing. We frantically start trying to turn his phone off, but it won't stop, so he's rolling on top of it trying to muffle it, but he's wearing his SR kit, so he can't get any soft sound absorbing material onto it and by this time we're going into the closing stanzas anyway. This happened at about 11:30pm, while the role players were sitting around a camp fire not 150 yards from us, straight across a dead still windless grassy field, and while other cadre were actively searching for us with dogs.

By the time the song had finally stopped, all of us had our weapons in hand, and were poised for the break out. After a few minutes though, we realized that no one had noticed. No one, of the many many people actively looking for us in this tiny little area had noticed a bush suddenly light up and play Hail to the Chief in the dead calm night.

After that, it was game on. We were having "tactical camp fires" during the day to keep the flies away, sending runners to hitch into town and get beer for everyone, trading off between being on glass and hiking back to a river a few hundred meters back and behind a couple hills to soak and drink said beers. No one ever got caught on any SR. The Training Det could not stop singing our praises for our incredibly good work.

There might come a time and place when you need to use your will power and practiced discipline to muffle a sneeze, but that's not that fucking hard to do, just try it next time you feel the urge to sneeze. And there might come a time and place when you need to clear your mask without releasing any tiny bubbles, and have your dive buddy float above you frantically mixing the water to break up any tiny bubbles that do get released. (Yes, something we no shit practice doing.) But that time and place isn't the real world. There is a huge tendency for even otherwise good military men and women to buy into their own bullshit, and get so front sight focused they lose sight of reality. At the extreme end of that you have fleets of billion dollar submarines that are used to move a few guys from point A to point B.

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[\[-\]](#) [crazy8ball17](#) 2 points 11 months ago

That was a fantastic story concluding with a solid lesson learned, thanks for sharing it. I can just imagine a new guy, expecting/hoping to be the perfect SEAL ninja, freaking the fuck out when that cell phone lit up

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[\[-\]](#) [JogaMimFora](#) 1 point 11 months ago

Probably one of my favorite posts in this topic, up there with the guy who plays the French horn.

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[\[-\]](#) [nighthaulk](#) 2 points 11 months ago

It's with a heavy heart that I inform you in the selling of my French Horn. It's with a heavy hand that I inform you the proceeds went to beer.

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you talked about that guy with the dating website and the other one with the fake trident. what are other things that just fuck you with the instructors? (common examples and ones that people wouldn't find obvious)

What would you suggest for a guy who overthinks things?

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[\[-\]](#) [codex561](#) 1 point 11 months ago

| fuck you

Well fuck you too!

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

It wasn't a fake trident. Anyone who can get onto a Navy base, can walk into a minimart or NEX and buy a bird for \$9. It's an official Navy rating badge and it's sold just like any other rating badge or insignia. It was just the fact that he possessed one before he had earned it.

You don't want to stand out in any way initially. Especially not for a negative thing. We had this guy show up to the first uniform inspection looking like an absurd bag of ass. It was almost like he was trying to commit suicide by Instructor. He was done after that.

It's pretty obvious stuff. Don't get busted breaking any rules. Don't act like a bitch in front of them. Don't overstep your place or disrespect them. You'll sort out all the specifics at BUD/S.

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Couple questions about jumping:

I heard bissonette mention "bundle jumps" and just googled it and learned a little about it. Basically my reaction was holy fucking shit that seems gnarly. Do you have any experience doing them or jumping with guys that did them, any comments on that, and can you explain it to me a little bit, like how do you not just die jumping with a fucking rhino sized bundle like [this](#)?

Also bissonette mentioned he did over 2000 jumps while in the Navy. I remember you mentioning most seals are in the range of something like 30-100 jumps, is that guys in the regular teams you were referring to? Just curious, how many jumps did you do while in the Navy?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

I haven't done bundles. I've jumped rucks and it's the same idea. You just have to get to the edge of the plane with your load, roll out, and ride it down. Once you're under canopy there's a system to lower the load on a tether so that as you land the load touches down first, and then you overfly it and land. Falling through the air with something is pretty safe and easy most the time, people ride cars down, and inflatable pools, and all kinds of crap. Usually the danger is from rapidly closing distance with something, so if you're tethered to it, it's not a huge risk.

DN jumps a lot more. They have a whole next level jump phase of their training that puts VT jumping to shame in

< > discussions in [/r/JobFair](#) X

[\[Human Resources\] I'm trying to find direction in my career.](#)

terms of difficulty. There are certainly guys who have done stunts on the Leap Frogs who have gotten thousands of military jumps. I had 0 MFF's after jump school. We had several planned but they never panned out because of weather. I got a static jump, and that was it.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Seriously, apart from climbing mountains how do you keep from being bored? I'm pretty much hitting all my goals right now and have WAY TOO MUCH TIME LEFT OVER.

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dude, start doing BJJ. At least give it a shot you'll probably love it and its a good way to spend a lot of time. Its one of the few sports that's actually intellectually demanding along with being the single most physically challenging activity Ive ever done.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Yo dude I was considering it there's a place literally right down the street from me the only thing that scares me about it though is if grappling is what I'm trained to do and then I'm in a sticky situation idk I would hate to be on the ground wrestling a dude into submission only to have his boys pile over me.

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I look at jiu jitsu more as a hobby than a life skill. The reality is if 5 guys with no BJJ/wrestling/boxing training wanted to beat the shit out of anderson silva, one might get ko'd but anderson is gonna have a bad day. Only a gun will get you out of a situation where you have to fight a group of people. If you try it you gotta give it at least a few months, your just gonna get the shit kicked out of you everytime you roll (sparring, in bjj they call it rolling), for me it felt like I wasnt progressing, I was literally getting the shit kicked out of me by a 104lb girl I was hooking up with cause she had been training way longer than me (no shit she was a purple belt when I started and would triangle me and shot, literally dominated me, actually she still dominates me), eventually youll just get used to being in certain positions and understand defense and eventually you can progress to offense and youll start tapping other white belts. Probably took me about 4 months to tap someone who actually knew what they were doing (new guys would come in all the time and its super easy to tap them cause they dont know anything, but that doesnt really count).

To me the cool thing about bjj is that its infinite, you could train for 20 years and still be just as excited about it as you were when you had been training for a year, theres just so much to learn that theres not enough time in a single lifetime to master it. Its also extremely difficult to get better at, you need to be intelligent and in very good physical shape, most blackbelts I know got their black belt after training for 10-15 years on a daily basis. And as cliché as it is to say jiu jitsu really is an art, its one of the few things I would describe as beautiful.

Wow that really turned into quite the wall of text, if you cant tell I really love jiu jitsu. Seriously give it a try, its one of the funnest activities out there, better than sex

edit:also since your trying to go SO probably dont train at 10th planet, nothing against them, Ive trained at the 10th planet in my area and its great, its just that they do a lot of inverted guard work, which is great, however Ive seen it result in a lot of serious back injuries, waivers probably suck to get for back injuries so I stay away from 10th planet

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Haha dude I feel your enthusiasm!! Lucky for me I've never heard of 10th planet the place by me is just a local place that's run by a former Egyptian special forces guy. I recognize what you're saying. I've watched a few matches and it seemed like 90% psychological warfare before they even made moves. I'm more interested in boxing though, just cause then atleast I know I can deck someone and run if I have to. That being said though the kinesthetic awareness and learning curve must be unreal. Maybe down the line :)

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

It's not easy. Best advice is to learn things, and do things that you wouldn't think you'd be interested in doing. Go take a cooking class, or start knitting. Literally anything to add to your knowledge base will be value added and help use up your time and keep you active and engaged.

Also, if you're hitting all your goals with time or effort to spare, you need to reassess your goals.

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

Well it took me a really long time to get to this point it's not like I woke up yesterday, set " watching three hours of tv" as a goal and happened to hit that - I'm just on the right side of the learning curve now on a whole bunch of stuff that I've been working at obsessively for the past few years and now I'm in a vacuum. I'm decently well rounded though so now the challenge is finding something left field enough to have minimal skill transfer.. Probably animal husbandry

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

You ever forged steel? Get into bladesmithing. [Louis CK said it best](#)

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[\[-\]](#) [Nidkid](#) 1 point 11 months ago

That could be brutal. I went to school for architecture so I have a designers eye.. Could be fun to learn some specific crafts like that for sure. Ha yeah I hear you, I tell myself that every time. Hell I had a kindergarten teacher who used to say the same thing haha.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

No doubt it's hard. I've been locked down for almost 8 months in a country that won't let me work, volunteer, or leave, and I've got dwindling funds and almost everything is forbidden. This is the most boring place I've ever been and it's easy to feel sorry for yourself and spiral.

Just don't. Find something new to challenge yourself somehow. I got into Ikebana of all things.

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[–] [Nidkid](#) 1 point 11 months ago

Dude that's dope I had to Google it but that's really cool, I have been meaning to get a Bonsai plant cause I think it's poetic how this thing grows arbitrarily but through minimal means one can sculpt it into a work of art, but how come you're so restricted where you are? Political reasons? Reminds me of that tom hanks movie where his country implodes while he's on an airplane and then has the spend months at the airport because his passports no longer valid.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Political reasons and some silly trumped up legal issues. A guy grabbed me and I instinctively pushed him away, then he chased my girlfriend and I for a while so I got us to a nice populated area and confronted him and waited for the police to come, not realizing that, in this place, I'll get about as much justice as a black man in Mississippi in the 50's. It should get thrown out in court, but they're dragging their feet hoping I'll plead to a fine, and the whole while they have my passport.

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[–] [JogaMimFora](#) 1 point 11 months ago

That's messed up. Sounds like you might be in the U.A.E. or the likes. Either way, I'm terribly sorry. Here's a great story for you, which initially made me entertain thoughts of becoming a SEAL. Ex spy escapes Dubai...

<http://www.telegraph.co.uk/news/worldnews/middleeast/dubai/6074279/With-scuba-gear-under-a-burka-French-Herve-Jaubert-made-his-escape-from-Dubai.html>

He was forced to hand in his passport to prevent him leaving the country.

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[–] [nowyourdoingit](#) [SEAL](#) [S] 1 point 11 months ago

Same same but different.

It's no worries, I don't have to worry about the secret police, and life is pretty comfortable here, just boring. At the end of the day, I'm really here voluntarily so that I can keep my ability to come to this country, where my future wife will be working for the next several years.

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[–] [Nidkid](#) 1 point 10 months ago

Decided I'm going to get great at the pommel horse. Turns out I didn't need more interests, just had to dig deeper where I already was.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

That's often the way of it.

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[\[-\]](#) [crazy8ball17](#) 1 point 11 months ago

Know of any Jewish guys in the Teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 11 months ago

Hmmm....I can't think of any off the top of my head. Religion isn't a big part of the Teams, except for the more pious Christians, you don't really notice guy's belief systems. Probably true for the rest of the military as well, Christians feel very comfortable proudly proclaiming their Christianity. The DOD is very very aligned to the christian right.

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Did you hear about Tiger Woods wanting to quit golf and try out for the SEALs in 2007/2008? Any elite athletes in your BUD/s class or guys you trained with, I know there are some olympic swimmer SEALs.

Tiger Woods story: <http://www.businessinsider.com/tiger-woods-military-obsession-2012-3>

"Tiger once demonstrated a hold for Haney, grabbing him and saying "From here, I could kill you in about two seconds." Haney says it was creepy."

"Tiger claims he can hold his breath for four minutes using a "lung packing" technique."

"Tiger went on six SEAL excursions in 2007. He came back from one trip to a Kill House with an enormous bruise from getting shot in the thigh with a rubber bullet. Another three-day trip involved jumping out of a plane up to 10 times a day."

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

Yeah, it's well know that Tiger has a boner for the Teams. You can't blame him, he'd probably have made a great Team Guy. He has the right background and mindset, and if you do the Teams like Tiger has been able to do the Teams, in little fun day trips where you do the exciting stuff but skip all the bullshit, then of course you'd have a fascination with it.

The coaches at Prep were mostly high level athletes, Olympic rowers and swimmers. In my class we had several NCAA champions and a World record holder. I'd say a lot of the guys I've trained with are world class elite athletes in various disciplines. One of the good things about the Teams is that world class becomes kind of the norm, but the bad thing is that you realize how very different the results of the same level of work and commitment can be.

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[\[-\]](#) [apalebluedot](#) 1 point 11 months ago

Holy shit I'm late to this AMA, but I'm holding out hope that you'll answer this question:

Could you explain your thought process during the times in training/life where the thought of quitting was/is overwhelming? What is your motivation for not quitting?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

There were times during training when I wanted to be injured so I could get out of an evolution. When it happened and I got med rolled in Hell Week, I got really depressed because I questioned whether or not I had allowed myself to get taken out of class to end the misery. That was my biggest lesson learned from being rolled. It was something that the mental conditioning MC had drilled into our heads. "It's not the first thought that matters, it's the second." When you have a thought like, "I hope I break so I can get out of this." The key is to not then think, "Ohh, I'm having thoughts of quitting, I must not be SEAL material. I should quit." My second thought whenever I found myself wishing for the pain or misery to end, was that there was no way I would ever allow them to stop me from achieving my goal. Then it's not about motivation, it's just about discipline.

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[\[-\]](#) [fishandwildlife](#) 1 point 10 months ago

How does the process of getting rolled work? In other words, if you were injured/sick, what would determine a "rollable" sickness/injury vs. something that you just have train through. Also, if guys try to push through some type of illness/injury that is pretty bad, is it up to the instructors to stop them before they really fuck themselves up?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

I'm sure there are written protocols and guidance that the Command follows, but there's also surely some element of personal judgment. The Cadre will let you continue to go even if fairly injured, up until it becomes evident that you might be seriously ill or injured (long bone fracture, pneumonia, turn ligaments in a major joint, etc.) at which point they will take you to medical to be evaluated and then it becomes the decision of the medical staff whether or not to allow you to continue or whether to recommend that you be rolled or dropped. If it's something that you can recover from in a few weeks, they'll likely recommend a roll, and the Command (based on your performance) will likely grant it. If it's a long bone fracture or something that will take months to heal the Command might drop you depending on when in training it occurred, or they might give you a multiclass roll (rare) or they might drop you, but put you in a support roll at the Center, like working at BUD/S Medical, so that you're still "at" the Command and once you've healed they'll re-enroll you. The house-mice and guys working at medical are usually in that situation.

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[\[-\]](#) [crazy8ball17](#) 1 point 10 months ago

I've read that recently (the last few years) they've enacted a 1 roll policy. Whether it be medical or performance, you get a single roll and that's it. If something happens and you've already used your roll you're pretty much SOL. Can you vouch for that or do you think it's a bunch of hearsay?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

There are a lot of "policies" that are pretty loosely followed. At the end of the day, it's a bunch of dudes making a decision, with the top guy making the final call being maybe an O6. What they told us when I was there was one med roll and one performance roll max, but there was an O who got a half dozen med and performance rolls and who was even rolled forward to rejoin my class after performance failing a block of training. There aren't really hard and fast rules. It'll all be decided on a case by case basis. If everyone wants you there, they'll find a way to keep you around.

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When you do drown proofing or anything in the pool at BUD/s you equalize your ears right? What technique do you use? I was practicing drown proofing bobbing today and my ear started to hurt at the bottom.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

It's really difficult to equalize while drownproofing because of the frequent up and down. You often see guys getting massive nose bleeds from barotrauma (happened to me a few times) because they have a huge sinus infection, can't clear at all, and have to get the mask off the bottom of the pool. It hurts, but it's not super bad for you.

If you get great at the [Frenzel](#), you can clear hands free even on a rapid descent like during drown proofing. It's not something to worry too much about though, it'll just hurt a bit if you can't.

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[\[-\]](#) [crazy8ball17](#) 1 point 10 months ago

What kind of 1st phase instructor do you think you'd be? The constant hammer where the guys are like 'fuck, nowyourdoingit is leading this evolution, we're screwed' or a more laid back...if you can even say that about 1st phase instructors at all

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

The constant hammer. I'd also shower them with knowledge, guys would think I was playing head games trying to get them to quit, but I'd be telling them the truth.

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[\[-\]](#) [TrimHopp](#) 1 point 10 months ago

Can you expand on this a bit?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

I'd say things like, "You're doing all this for nothing." "You're never going to war." "You're all wasting your time here. Imagine how much better your life would be if you were getting a finance degree. Free time. College chicks. Potentially huge paychecks. You'll be able to afford a house or two and vacations with your beautiful young wife, instead of being here, getting kicked in the balls and told you're worthless, which isn't going to stop by the way."

Everyone would think I was just trying to psych them out, then they'd get to a Team and think, "sonofabitch, he was telling the truth."

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[\[-\]](#) [crazy8ball17](#) 1 point 10 months ago

"....getting kicked in the balls and told you're worthless, which isn't going to stop by the way."

fucking lol

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 10 months ago*

Just read an [article](#) talking about how we are in the 'The golden age of black ops'. Would you agree with this or is it just politicians blowing shit out their ass? I think you said something before along the lines of 'We should be in age of spec ops', it seems to me that politicians are just showing off SOCOM and not using it, but I could be wrong. Any thoughts on the article?

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 10 months ago

And if we are in the 'Golden Age of Black Ops' then how long do you think it will last? It seems to me like it wouldn't end for a long time due to the increase in small scale conflicts and the lessening of full scale conflicts.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

"...much of what America's special operators do is never subjected to meaningful examination, which only increases the chances of unforeseen blowback and catastrophic consequences."

We are in the golden age of blackops from a political and upper leadership perspective, but from an Operator perspective, the golden age is long over. The problem is that the politicians are using SOCOM, not the Generals or AOC's. If you ask most guys who lived it, the real golden age was the height of OEF/OIF, when the work was steady and "meaningful" and guys were getting the gear they wanted and needed, and being let off the leash to go work. These high level black ops that the DOD is touting are all being done by DN. The VT's are doing the FID and JCET missions that aren't sexy. More importantly, guys realize that the DOD is using them in lieu of conventional forces often times because the things being done aren't "meaningful" or for the public interest.

There's also the factor of greater oversight. The worst thing that can happen for you as an Operator is to be high profile. Your autonomy of action suddenly goes right out the window. It's like having the CEO watching you at work everyday, no one wants that. The irony is that the CEO is there using you because he doesn't want any one watching what he's doing. Politicians use blackops when they don't want public oversight of their decisions.

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[\[-\]](#) [Nidkid](#) 1 point 10 months ago

Do guys in other teams (not DN) feel similarly to you? As in getting shafted and not being able to operate, what are the chances it was just a few teams that weren't being used so much? I'm only asking because that article was saying operations are at a peak right now.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

When they say Ops are at a peak, they're talking about every action that SOCOM is involved in. Talk to most guys, those actions are not what people think of when you traditionally think of Special Ops. I can't speak for DN, but everywhere else, things are slower, and more of the work is being focused on really boring stuff like JCETs. It's like how a lot of non-operators in the military will go to Guam or the PI for a few months and call it a "deployment", and get medals and awards for it. Yeah, the Command is going to write it up as accomplishing something, but in reality, the Operators were mostly sitting around or shooting with counterparts on a range.

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[\[-\] odvark](#) 1 point 10 months ago

I went and read this whole thread. Somebody asked if you have to be out going and friendly to become a Navy SEAL. You said no and pyschopath could be good. I think that was a joke. I think I might have undiagnosed asberger syndrome. They say online that it is mild form of autism. I work at Walmart doing stock work. I took the asvab in highschool and made a 80. I want to try out for the SEALs. I am worried that the SEAL selectors in SEAL training might kick me out because they do not like me. Do you think I should go for it or is this just going to be a bad idea? I am very strong and good at swimming from when I was little.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

It wasn't a joke. Most good TG's are a little off of the norm. If you want to give it a go, have at it. They shouldn't have any problem with your personality.

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[\[-\] chooseusername6](#) 1 point 10 months ago

From what I've gathered on this thread, DN is where all the good guys go, a step in the right direction once in the teams, and where all the missions people envision for the SEAL teams are.

Did you want to go to DN? Without violating a potential NDA that may or may not apply to this, how hard are the standards. I read Mark Owen's book and he mentions how he struggled by just for the physical screening test.

I understand DN is more performance based rather than just weeding out the quitters, but how many TG's do you think could make it, and how many TG's wanted to go to DN.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

I would say all of that is true. They certainly sell the public on the DN image of the SEAL Teams.

I didn't see myself as that awesome of an Operator coming out of SQT, compared to my classmates, I didn't think I had the talent that I saw in others to be DN level. I met a lot of guys after SQT who hadn't made it through screening, and that reinforced the idea that, "these guys aren't good enough, and I'm not as good as them so I doubt I'm good enough." Eventually I got to the point where I thought somewhere down the road a few years I might actually be at a level appropriate to at least try out for DN, but I thought my odds were slim at best. So near the end of my "career" in the Teams I thought that I might possibly make it if I was willing to stay in for another 6-10 years, but I just wasn't, and I wasn't willing to sign up for more time in just on the slim chance that I might go to DN and

that DN would be everything I dreamed it would be.

I think 90% of TG's would go to DN if invited, with the hold outs being the guys who don't actually want to go into combat. I think something like half of candidates to DN don't make it, so considering you have to be nominated and approved to go try out in the first place, probably something like 25-30% of TG's are "DN quality".

How hard is it? Couldn't tell you. Most guys say they'd rather do BUD.S again, but I think that has more to do with the stress of "failing" something and less about the physical. Again though, no experience.

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Are "Frog hogs" a real thing? <http://www.urbandictionary.com/define.php?term=Frog+Hog>

"A slutty woman who's primary goal is to get her hooks into a Navy SEAL."

"women who whore themselves to navy seals or seal trainees"

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

Most def. Mostly middle aged women or women in the more economically desolate areas of the country where we train. It's a phenomenon common to every service man. Watch "Officer and a Gentleman".

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[\[-\]](#) [Nidkid](#) 1 point 10 months ago

What were some of the positives of your experience in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

Probably 3/4 of the guys were awesome. Learning the skillsets was fun. I almost always enjoyed the actual work. I liked traveling around, even just CONUS, and not having a definitive schedule. There were even occasions when I could be productive and get things accomplished in a much faster and more definitive way than most people will ever experience outside of probably the tech startup sector. The whole confidence building self discovery thing to some extent. I can stand in most company and not be intimidated.

Those were some of the broad stroke pluses from the experience.

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[\[-\]](#) [\[deleted\]](#) 1 point 10 months ago

Dude heads up this is a long one. I'm not sure about this, but you have been giving great advice throughout this and probably can help me with this one. I am not exactly attached to the SEAL image like everyone else. I want to accomplish something that not many have nor do I actually feel confident about (I spend hours at a time trying to psychoanalyze why I want this job so bad even though I know it will suck). I want to be able to say most limits are self imposed, not cause I think that but that is what I know and breath. I know BUDs will get me that, I also know that the job sounds depressing and I intend on getting my MBA after (I'm a semester away from seriously training and am joining like 6 months or so after I graduate). I want to graduate BUDs, I want to be unsure that I'll get through everyday until I graduate and meet some awesome friends for life. but the whole 6 years thing sucks, especially now

that the war is over, I won't even be doing the job I would be trained for. Hence I looked around, I can across the Marine recon contract (same deal as navy- guaranteed to go right through without waiting but if I drop I go where MC needs me- that could mean some bullshit but I'm sure navy sucks too). this would send me straight to BRC(their BUDs) right after Infantry training. It sounds intense and similar to BUDs. Iam no trying to sell it short at all but Their version of hell week is not as long and neither is the overall course. But the contract is 4 years. I will get to do something that was extremely challenging, have great friends, gain a new perspective and confidence and only have to put up with the USMC for 4 years opposed to your 6. All this is assuming I make it. Will I regret it, like "fuck it was only 2 extra years to put up with the navy, I could have afforded that to know if I would have made it through BUDs" or will I be "thank god this is only four years so I can get on with my life"

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[\[-\]](#) [mikegymnastics](#) 1 point 10 months ago

How much free time did you have when you weren't deployed?Could you watch some movies, practice a sport, have fun on the weekends, decompress? When you weren't deployed, did you have a pretty normal life, besides a 9-5 day job as a SEAL?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

If you're not deployed and you're not at a school or doing unit level training, then it really comes down to your Platoon leadership. Some Platoons will come in ~9-4 Mon-Fri and do busy work. Some will cut their guys loose the whole time. The second case is far preferred. You can come into work to do what you need to do, and sometimes that might mean being there 9am-midnight Sat-Sun, and other times it might mean 10 minutes one week to pick up mail. Generally speaking, you have more free time than you want. Most guys enjoy prepping gear, working out, even doing inventories when the time comes, so that's most of the "work" that you're responsible for when nothing else is happening with the Platoon or with you vis-a-vis schools, so you usually have that all knocked out and you tend to go in and fiddle around to just kill time and hang out with the boys.

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[\[-\]](#) [joe_buck_yourself1](#) 1 point 10 months ago

Seen any new products from SHOT Show that have caught your eye?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 10 months ago

Haven't been for the past three years. Watching videos doesn't really work as well as going. I'm usually disappointed with SHOT Show, a lot of the stuff out there is being made to make money, not necessarily work better or fill a need.

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[\[-\]](#) [Sofuckingwhat92](#) 1 point 10 months ago

Are there SEAL Warrant Officers? If so, what is their role?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

There are. It seemed like they were mostly in a training position of some sort when I noticed them. I've heard a few

Chiefs talking about the pros and cons of doing the Warrant program. Mostly it sounds like guys who want to get a little more pay and do basically the same thing they've been doing. I think they can fill most senior enlisted roles, which tend to be training or desk roles.

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[\[-\]](#) [rutro123](#) 1 point 10 months ago

Thanks for answering my last question about strength standards. Any suggestions for best way to test grit/discipline/mental strength prior to BUD/S?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 10 months ago

Not really. You could grab your cell phone, face to the north and, real subtle-like, turn left, and then start running. See whether you make it to a beach or call for a ride home.

The reality is, there aren't good test for that in society anymore. That's what civilization is, the distancing of our species from the need for grit and mental strength. I'll keep thinking though, and if I can think of something that won't get your killed or injured and the both of us in the news, I'll let you know.

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[\[-\]](#) [HoleInTheAir](#) 1 point 10 months ago

I think the ultra marathons are pretty good for that.

Also, just setting basic goals, coming up with a plan, and following it through to the end. Do that for years and years on end, and see where you get. This can apply to physical training, self-improvement, career, etc..

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[\[-\]](#) [dontwrestlebears](#) 1 point 10 months ago

Hey man great Ama, I'm a little late to the party but this has been enlightening. say the navy seals sub- good shit man

- Which socom guys get it the worse with bureaucracy? (I'm assuming the green beanies)
- of your buddies that stayed in why did they stay?
- what do you think of the whole Navy SEAL diva stereotype? (haters gonna hate or is there some truth)
- What are your current employment goals? good luck with whatever it is you say
- time for a fun question, real talk, its 2011, your in the teams again, which are you better prepared for and which would you rather fight (separate questions) Zombie Apocalypse or Alien invasion? for zombies imagine Dawn of the dead type, aliens I'll let you choose

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[\[-\]](#) [JustinBlu](#) 0 points 1 year ago

Verification pls

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[\[-\]](#) [SapperLeader](#) 1 point 11 months ago

Is it hard to balance a ball on your nose while in uniform?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 8 points 11 months ago

Is it hard being so witty all the time?

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[\[-\]](#) [orphankicker](#) 1 point 1 year ago

I'm about to enter my junior year of high school. Ever since I was little I have always wanted to join the military and I have taken a special interest in the SEALs. I am very fit and can run 3 miles in a little over 15 minutes and do 120 consecutive pushups. Are there any important physical traits I should work on to give myself a better chance?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago

Dude. No, those are great numbers for a junior in HS. You sure you're doing proper form?

I would say go to <http://www.mountainathlete.com> and do follow their methodology. Especially the video on sustainable athletes being strong athletes. With that in mind, work on your legs, back, neck and shoulders, because these are the muscles you'll use when you pick up and carry a fallen brother. These are the muscles you'll use to help carry the boat and the log. Being wicked fast runner is great, but it only helps you. Rather be a little slower and a lot stronger so I can help the guys next to me, nomsaying?

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[\[-\]](#) [Cod2242](#) 2 points 1 year ago

3 miles in 15 minutes!!! I've been playing soccer my whole life (in college) and I can only run 3 in about 18. I'm calling bullshit on that because it has nothing to do with guts or mentality it has to do with leg strength. Unless, you're running with Usain Bolt legs as a junior, I'm calling bullshit.

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[\[-\]](#) [orphankicker](#) 1 point 1 year ago

I average a 15:21 while my best is 15:08. Running has been my passion ever since I was little. I have been all-state in track both years of high school. I run 5 miles 6 days a week at the bare minimum, so 15 isn't that unreasonable.

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[\[-\]](#) [safe-word](#) 1 point 1 year ago

Is that you, John Wayne? Is this me?

In all seriousness, why is rape so prevalent in the American military? Is there a jock mentality in the military? Can you shed any light on this issue?

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 9 points 1 year ago

A buddy of mine was raped. I think some women just like the idea of sleeping with a Navy SEAL, whether he's conscious or not.

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[\[-\] hollanug](#) 1 point 1 year ago

I thought real seals avoided the public spotlight. . .

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 3 points 1 year ago*

Ha. No. We put that in our Creed but my experience is a lot of guys are out there running their mouths off. I'm doing this annnonnonomously because:

1. My fiancee is gone on a business trip and I'm bored
2. When I was 17/18 and looking at my future, I wanted to be able to ask SEALs what their actual job was.
3. A lot of the mystery and misinformation out there serves no purpose, and should be cleared up.

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[\[-\] hollanug](#) -7 points 1 year ago

A true Seal would avoid radar. not sure what your doing. all those guys that came out and ruined it, shame.

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[\[-\] nowyourdoingit](#) [SEAL](#) [\[S\]](#) 7 points 1 year ago*

You know a lot of "true" Seals do you?

I'm not seeking any personal recognition. I'm doing the same thing I do when I talk to a group of Boy Scouts or a Water Polo Team , or friends and family, and I'm answering questions.

You don't like it, go earn a Trident and then when you get dog and ponied around tell the Brass, "We avoid radar." See how that all plays out for you.

SEALs aren't impressive for the mystery, they're just impressive.

Also, I was in the position of the people I'm doing this for, which is to say kids and young adults looking at possible NAVSPECWAR career, and having the opportunity to talk to TG was a big deal for me, because there is so much nonsense out there its impossible to tell fact from fiction.

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[\[+\] hollanug](#) *comment score below threshold (2 children)*

[\[-\] barbadoslim](#) 1 point 1 year ago

How many people have you killed?

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[\[-\] Kaiserhawk](#) 0 points 1 year ago

Do you have over 300 kills in gorilla warfare?

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[\[-\]](#) [TittlesMcJizzum](#) -2 points 1 year ago

And I am Santa Clause.

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[\[-\]](#) [anthraxattack](#) -12 points 1 year ago

I myself am a navy seal and have over 300 confirmed kills.

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[\[-\]](#) [ZMild](#) 0 points 1 year ago*

You got verified, I'm back. Thanks for doing this, and thanks for still answering questions.

- Do you mind if I ask how you verified?
- How is it you never got deployed to OEF/OIF? I'd read special operations was a ludicrously in-demand asset, that they were sending you on like eight raids a night.
- Other than the UK and Australians (who you've mentioned), who among your counterparts abroad do you respect the most? Any surprises good or bad on those regards?
- For that matter, whose foreign SF squad would you most hate bumping into on a dark night? You think the Russians or Chinese or North Koreans are pretty good at what they do?
- In the way that soldiers say 'man, it'd be badass to be a SEAL' who would be the SEALs' equivalent? What do you think of the CIA's equivalent guys?
- Just generally, what's with the intensity of public secrecy around SEAL operations? I get that you can't talk about a lot, but if the media wants to learn something about some special operations shit from the 1980s it helps to know the FOIA appeals process (and still takes like three years). Often the best information about recent operations is leaked to the media.
- Is the bureaucracy as bad for you guys as the rest of the military? SEALs get to do and buy a lot of special shit, what's the biggest waste you've seen in service?
- For that matter, do they actually misuse your services? [Are busts like this one](#) common?
- You've some disgruntled and bitter people due to being an extension of politics and all that entails. Scale of one of one to ten, one being a mighty blow for freedom and justice, ten being [Recent John Le Carre style](#) issue every third mission, how bad is it? How worried are YOU about how what your colleagues do affects the US and world security in general, and how worried should everyone else be?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 1 year ago*

- Sent the mods a passport pic with part of my name visible and part of my DD214 with my name and rate also visible. Also sent part of my VMET.
- Unfortunately, NAVSPECWAR has global demands that exceed the scope of the Middle East. It's a bit of a crap shoot if your Team, TU, or Platoon is dep there or elsewhere. I don't have the statistics but probably 75% of guys go there in any 3 year time period. That's a wild guess though. Also, once you're there, your deployment could be completely boring with no action at all, or you could be rolling non stop on targets every night. Again, it's all a crap shoot. It is incredibly frustrating when you're begging your bosses to let you go because a bunch of 18 and 19 y/o Marines and Army kids with a few months training are getting smoked over there and you have some of the highest level of training in the world and nothing to do but play with yourself all day. I got the feeling that the DOD doesn't like to "play with their shiny toys".
- I'm not the expert here but word is the Norwegians, Germans, and Italians are top notch operators. GROM (polish) are pretty serious as well. The Canadians have some really great Operators. I won't name names hckisrealugh, but it is kind of shocking when you hear about some "equivalent" units overseas that cant do a proper house clearance. You forget sometimes that this is actually a really hard skillset.
- I think the Chinese and North Koreans would be a joke. I think the Russians would just be all over the place. I'd love to go against any of them. Worse to go against would probably be the SAS. They're on par.
- SEALs want to be top tier SEALs, whoever that is at the time.
- Very little experience with any agency types, but that's generally speaking, a very different sort of role, and is a lot less about combat ops and a lot more about the Intel side of things.
- In terms of current ops, we don't want to expose too many methods, sources, tactics, etc. that could lessen our effectiveness. I can tell you that MW3 is not that far off in terms of what combat ops are like. There's not really any high tech sneaky stuff going on outside of the scope of that game. It's more about how we use said equipment...Our playbook, as it were.
- Shit, a lot of Ops are broken by the WH Press Sec and POTUS. I learned about Neptune Spear on CNN in a restaurant. Just scale back from that top secret national security mission and that's what most of the work in OIF/OEF is like.
- The bureaucracy, I would argue, is worse. The military is in general a social experiment where you give kids who can't or don't want to go to college a bunch of weapons and babysit them. As a result, there are huge bulky systems all design to babysit. For a few years of the war, the DOD took the leash off the Teams and let us run our own show in terms of how we conducted ops. But that is ancient history and every day the leash gets shorter.
- The biggest waste comes in the conventional military which has always had the "bigger is better" mentality. I've seen 5-10million dollars spent on a trip to train 4 AUS SAS guys how to do a lock out on a US submarine. That wasn't expensive because of the training. It was expensive because it involved moving a billion dollar nuclear submarine to AUS. Oh, and the reason it was only for 4 guys is that our O's gave their O's the wrong month for

the exercise, so all of their guys except 4 were on vacation. Oh! and I can teach anyone on this thread how to do a lockout in 10sec!!!! Breath on the regulator. When the door opens switch to your dive rig. Swim to the surface. Done. It's like goddamned static line, which is a 3 week course in the Army to attain the same level of proficiency and competence as one of [these!!!](#) Goddamned retarded man *** Warning, numbers from memory so double check. ***

- I highly recommend you go to FAS.org and look over defense spending. We have something like 144 nuclear subs in the fleet, which cost 50million a year to maintain and operate, and carry 48 nuclear warheads which cost 13million each a year to maintain. It's all colossal waste. [Here's a small example.](#)
- There is a [2 billion dollar skeleton](#) sitting at a SEAL Team from a failed attempt to make a dry minisub. An F18 will spend more on fuel for one training flight than I'll make in a year. You can't comprehend the waste. Keep in mind that while all of this is going on, you may be spray painting white 1" webbing because your supply dept has reached their budget and can't buy you green or black.
- Yes, bust like that are extremely common and frustrating. As a SEAL you're slave to the decision making process above you. Even though you may know the mission is a dangerous waste of time, if some one thinks they can get themselves a good write up for the effort, you're on the hook.
- Depending on where you are and what you're doing, 3-10. There is currently an exodus of E-5's and E-6's from the Teams for just this reason.

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[\[-\]](#) [ZMild](#) 1 point 1 year ago

I read you get some region-specific training, but do they actually send you everywhere? Are you really as comfortable working in a jungle as underwater or a desert or arctic?

Are they pretty good about teaching language and culture? Would you actually be conversant in Dari if you deployed to Afghanistan?

What do you think of the French?

Any 'Cinderella' stories among your foreign counterparts? I mean, does, I dunno, Slovenia or Malaysia or South Africa or whoever have some unexpectedly capable groups?

How much do you work or train together with the other US special forces? What about the weird ones like DoS or DoE or Coast Guard or something?

I've seen the military up close, I can comprehend the waste. What's the stupidest waste you personally have seen?

I keep up with world affairs and politics, and travel when I can, and it's helpful to know where we're pissing people off. Is there anything you can say about the 'tens'? How much does [stuff like this happen??](#) PM if you need.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

- We're comfortable operating in any environment. One of the things that sets us apart.
- They're putting more emphasis on language schools in order to compete with the SF on that front. I couldn't order a taco in Mexico and I've had 6 years of Spanish, so no, currently languages are not an important part of the job. Nor should they be.
- Never worked with the French or heard anything about them.
- South Africa does. Malaysians, Singaporeans, are pretty much a joke.
- Very little cross training with domestic agencies. A fair amount with other SOCOM forces, but the vast majority is in house or with foreign counterparts for "relationship building."
- Answered that before. But the biggest and stupidest has to be the F35 program. Christ that's a lot of money for a concept that is already 10 years out of date.
- 'Tens'?
- Stuff like that happens and is unfortunate. Part of the problem is the culture of second guessing what happens on a DA mission. Couple [guys](#) got in a lot of trouble for pounding a fella that probably deserved it. They should have been backed up by their command and the DOD but they were hung out as examples and their careers were basically over because of it.

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[\[-\]](#) [ZMild](#) 1 point 1 year ago

Much appreciated, thanks for patiently answering all this stuff.

- So you guys are sent everywhere for all kinds of things, but are there any assignments the teams just generally dislike? Like nobody likes going to Colombia, or everyone groans when they get tasked mountain training, or something. For that matter what are the assignments every SEAL is secretly hoping for?
- I really just mean, what forces have you worked with that you didn't expect much out of, that surprised you with their competence? South Africa or Malaysia or El Salvador are just examples, you tell me man, they're your experiences.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Diving ops generally suck. Most guys like mountain ops. Most of the groaning now days goes on when you find out you're not deploying to OEF. Usually, any other kind of deployment is going to involve a lot of sitting around and waiting for something to happen so you can respond to it.

Every SEAL wanted to be on Neptune Spear. Capture kill DA's are the best. I was always waiting for the guy with the briefcase full of cash and a dossier to show up and give me a name and an address

somewhere and no rules. Still waiting....

I haven't worked with all that many. Everyone I've worked with for the most part has been good, but none of them would be surprises, they're all known as being good. The biggest surprise to me was guys you'd think would be good but aren't. Which includes some US units, and hell even some SEALs,

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[\[-\]](#) [ImTheGuy77](#) 0 points 1 year ago

What do you think are most tg's motive for becoming SEAL's? What was your's?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

Guess you're not reading the thread. Been covered a few times before but I'll summarize. 9/11. Wanted to shoot muslim radicals in the face. Same for most the guys in my generation. There are the other factors, working with "the best", the challenge, how cool it all seemed, etc. Both most of us just wanted to be the baddest motherfuckers out there hunting men.

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[\[-\]](#) [ImTheGuy77](#) 1 point 1 year ago

Well, my motives fit so good to see I'm not alone. Before I started asking questions, I read the entire thread in 2 hours so some of it has become a blur. Sorry for the Q repeat.

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

It has gotten rather long, I suppose. Attention to detail though.

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[\[-\]](#) [JogaMimFora](#) 0 points 11 months ago

SCENARIO TIME

I understand my vocabulary or scientific facts may be waaay off but am curious as to what you would do in these situations.

*1. You've hit the eight mile mark in a sixteen mile swim in an unfamiliar area. Your friends are nowhere to be seen but are within a mile of you. Suddenly, your childhood phobia of water has come back. Anxiety has taken you over. You look at the coast and feel as if impending doom is upon you. You are not wearing a wet suit.

What do you do?

*2. You are hiking off the coast of California when all of a sudden you lose your footing and violently descend down a cliff into the ocean. The waves crash and pound you into rocks. You're lucky to have endured the fall without any significant injuries but the cliffs are far too steep and slime covered to grab onto.

What do you do?

*3. You have decided to set and/or break a world record by sailing around the world in a sloop. A few hundred miles east of Polynesia you run into humongous waves, overturning your boat. You lose everything except your wet suit.

What do you do?

*4. You are now 42 years old. It's been years since you have climbed, let alone exercised. You have a beer gut, man boobs, halitosis, possibly diabetes, and you cannot remember when you last saw your dick. You have a mid-life crisis and realize you need to get back into shape. What do you do?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 2 points 11 months ago

1. Assuming, since I know the swim distances and that my friends are near by, this was planned...I roll onto my back. Stare at the sky and catch my breath. Focus on not being a little bitch, and then I start swimming again, knowing our best chance is to rendezvous on shore. I focus on keeping my heart rate down and being maximally efficient. I'll do things like 4 count to a thousand to keep focused and pass time.
2. I could climb out. I'm a fucking wicked good wet cliff climber. But, for the sake of argument, let's pretend I can't. I'd swim a few dozen meters away from the cliffs out to sea, then take off my shoes and clothes, tying the shoe laces together and running them over my shoulders and balling my clothes up. Then I'd start paralleling the shore till I reached a beach.
3. There's no driftwood and I'm hundreds of miles from the nearest land? I use the wetsuit for buoyancy for a couple of days, hoping against hope that a vessel passes, and then I tie the leg of the wetsuit around my neck and strangle myself.
4. This one is pure fantasy.

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[\[-\]](#) [deleted] 1 year ago*

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[\[-\]](#) [Username55571](#) 0 points 1 year ago

What is your opinion of women making it through bud/s and being in the teams?

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[\[-\]](#) [nowyourdoingit](#) [SEAL](#) [\[S\]](#) 1 point 1 year ago

I think it's probably possible for women to complete BUD/S without a reduction in standards. I think it would be unbelievably incredibly difficult just because of physiological issues like decreased recovery times, bone density, joint stability, etc. etc. and so if the Navy makes it a priority to have female SEALs the standards WILL go down.

That's the possible and likely scenarios, but as for the question of 'ought', absolutely not. Women do not fit into the corporate environment of the SEAL Teams. They can't even work in support roles without screwing things up. That is to say, a woman might be great at her job, but she's going to bring a different dynamic with her.

For instance, my Team had a number of girls (they're teens and twenty somethings...so girls) in support roles. Even the one or two who were 100% professional at all times, who didn't go out to the bars to try and pick up a frog, who didn't flirt at work, who didn't expect favors in exchange for doing their goddamned jobs, even they would change the

dynamic in a distracting and negative way. GI Jane is great because even though she get's accepted (which would happen if a woman made it with the same standards) she's treated like the little sister because innately every guy wants to take care of her.

I could go on and on about why this is a bad idea, but just imagine we did away with all gender divides in sports. You want to be a prof basketball player, you have to get into the NBA, not WNBA. You want to play football, you have to square off against 250lb linebackers in the NFL. You want to get a medal or trophy for tennis or swimming or anything else where physicality plays into it, you do it on equal terms with men. When everyone is OK with BJ Penn caving in the skull of some chick in the octagon, then yeah, women SEALs all day, but until that point it's a terrible idea and it's another example of the DotN putting politics above the men and the ethos.

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